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Number 94

August 1991

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Nutrition Education Resource Guide:

An Annotated Bibliography of Educational Materials for the WIC and CSF Programs - 1991







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Compiled and edited by:
Food and Nutrition Information Center,
National Agricultural Library

and

National Association of WIC Directors

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Preface

This resource guide of evaluated print and audiovisual nutrition education materials is a supplement to *Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs*, which was published in 1982. This guide lists new materials developed since the publication of the first guide.

The purpose of the *Resource Guide* is to assist State and local staff of the Special Supplemental Food Program for Women, Infants, and Children (WIC) and the Commodity Supplemental Food Program (CSFP) in selecting, acquiring, and developing accurate and appropriate materials for nutrition education of WIC/CSFP participants.

The *Resource Guide* focuses on client education materials within the subject areas of nutrition for pregnant, postpartum, and breastfeeding women, and nutrition for children from infancy through preschool. Materials for WIC/CSF Program outreach are also included. Materials on drug and alcohol education were excluded because the Food and Nutrition Service (FNS) developed a separate bibliography on this topic.

Each entry in the *Resource Guide* includes an abstract, appraisal, and descriptors (or key words), as well as the title, author, source, format, reading level (print materials only), language, and cost.

All materials listed in the *Resource Guide* are available from the source listed. Contact the source to order copies of free materials or to purchase items. The listed materials are also available for loan from the Food and Nutrition Information Center (FNIC). (See instructions for borrowing from FNIC on page vii.)

Inclusion of a publication in the *Resource Guide* does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information in the publication.

Development of the Nutrition Education Resource Guide Supplement

State and local WIC/CSFP agencies were asked to send review copies of nutrition education materials appropriate for the WIC/CSFP audience that were developed since the publication of the first bibliography. Materials were also solicited from nonprofit, professional, and commercial organizations that produce materials suitable for the WIC/CSFP audience. Items already in the FNIC collection were also included in the review process.

All materials were initially screened by FNIC staff for availability, appropriate scope and target audience, and sponsor bias. To be included in the *Resource Guide*, an item had to be available from the source on a nationwide basis.

Print materials which passed the initial screening were assessed for reading level using the *Rightwriter* software program. Materials with a Flesch-Kincaid reading level less than the tenth grade level were evaluated using an objective evaluation form. (Note: Occasionally a piece with a higher grade reading level was included, if other factors, such as unique subject matter, were present.) Audiovisual materials were also evaluated using a similar, but separate form. Highest scoring items were included in the *Resource Guide*. Most print and audiovisual materials (excluding pamphlets) which were not included in this guide were added to the FNIC collection and are available for loan from FNIC.

Print and audiovisual evaluation forms were developed by the Nutrition and Technical Services Division (NTSD), FNS, with input from representatives from the National Association of WIC Directors (NAWD) and FNIC. These evaluation forms are included in Appendix A.

During the compilation of the *Resource Guide* several new dietary recommendations for this target audience were made. In October 1989 the new Recommended Dietary Allowances were released by the Food and Nutrition Board of the National Academy of Sciences. The same organization also released reports on nutrition during pregnancy (1990), which focused on weight gain and nutrient supplements, and nutrition during lactation (1991). Materials containing older recommendations were not excluded because:

1. the time span was too short for organizations to revise materials before the deadline for this guide,
2. many of the materials listed may be revised with minor changes to reflect the new recommendations, and
3. many of the new recommendations did not significantly affect the standard dietary guidance given to this audience.

The new recommendations are referenced in Appendix D.

Organization of the Nutrition Education Resource Guide Supplement

Materials are listed in the *Resource Guide* according to major subject area. The major subject areas are: Pregnancy, Breastfeeding, Infant Feeding, Feeding the Young Child, All Program Participant Audiences, and Program Outreach. Each section is divided into sub-chapters, including a section for audiovisuals. Entries are arranged in alphabetical order by title.

Several indexes are included to facilitate locating appropriate materials. Materials are indexed by title, non-English languages, audiovisual type, and source.

When requesting materials from the source, note that many items will be available for a limited amount of time. When soliciting materials, we asked that materials be available for two years from the publication date of the guide. However, the availability of many materials depends on agency budgets, demand for copies, and other factors.

Acknowledgments

Funding for the development of the *Resource Guide* was provided by the FNS, USDA, through an interagency reimbursable agreement with the National Agricultural Library (NAL). Through a cooperative agreement with NAL, NAWD evaluated materials, wrote the appraisals, and determined reading levels.

We would like to thank all the agencies, organizations, companies, and individuals who responded to our request for materials and made this publication possible.

In addition, we would like to acknowledge the following individuals and organizations:

Natalie Updegrove, M.S., R.D., FNIC, NAL, for serving as project manager of the *Resource Guide*.

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Cynthia A. Roberts, Darlene Hagen, Marion Carroll, and Carolyn Costa, ICB, NAL, for data entry into the Alpha Micro system.

Karen Kupka, NAWD, for clerical support and data entry.

The NAWD Oversight Committee, for their input in the development of the evaluation criteria and review of material evaluations. The Committee members were as follows:

Mary Elena DeLuca, M.S., R.D., WIC Senior Nutritionist, Day Kimball Hospital, Putnam, CT

Lisa Ferriero, M.S., R.D., Nutrition Consultant, Bureau of WIC Nutrition Services, New Hampshire Division of Public Health Services, Concord, NH

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Kathy Rucker, R.D., Public Health Nutritionist, Montana State WIC Program, Helena, MT

Connie Webster, M.P.H., R.D., Nutrition Education Specialist, Maryland State WIC Program, Baltimore, MD

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All other FNS, NAWD, and FNIC staff members who assisted with planning and development of the *Resource Guide*.

Comments on this publication are welcome. An evaluation form is attached on the last page of the *Resource Guide*.

Sandra L. Facinoli, M.S.
Coordinator
Food and Nutrition Information Center
National Agricultural Library

Brenda Woods-Francis
Executive Director
1988-1990
National Association of WIC Directors

Using the Nutrition Education Resource Guide

Materials are arranged alphabetically by subject and grouped by format. Printed materials (books, brochures, posters, flipcharts, etc.) are listed first and audiovisuals (films, slides, and videos, etc.) are listed second.

Parts of the Entry

- 1) **Title, Author, and Publication Information:** The title is in boldface type. The author(s) is listed after the title, followed by the place of publication, publisher (or producer), and year of publication. A question mark after the date means that the exact date was unknown. For example, there may have been two dates on the piece. If no year is listed on the material, the entry says "not dated."
- 2) **Format:** The type of material represented by the entry. For books, the number of pages is given. Other print materials are identified as follows:
 - single sheet - one unfolded sheet of paper
 - pamphlet - a single folded sheet or several stapled pages
 - booklet - usually more than 10 stapled pages; contains more in-depth information than a pamphlet
 - posters, flipcharts, and curricula are identified accordingly
 - other - includes fact sheets and other miscellaneous materials.

Except for slides and filmstrips with scripts instead of cassettes, the length of playing time is provided for audiovisuals. Specific information about the format is often included in the abstract or appraisal.
- 3) **Source:** The agency or organization to contact for information or to order materials is listed here.
- 4) **Cost:** Information may be given on a per item and/or a quantity basis. Many materials are available only as single copies. Most of these materials can be reproduced with credit given to the publisher. If ordering in quantity, it is wise to confirm the price before placing the order. In some cases (usually State or Federal publications) there is a publication number listed. Use this number, if listed, when ordering from the source.
- 5) **Abstract:** An objective summary of the material's content.
- 6) **Descriptors:** Terms or key words primarily used for computerized database searching.
- 7) **Appraisal:** A subjective summary written by a nutrition professional, which highlights strengths and weaknesses of the material.
- 8) **Reading Level:** The reading level was computed using the *RightWriter* software package. The reading level listed in the bibliography is the grade level calculated by the Flesch-Kincaid method. The reading level should be used as a guide, since there are variations between formulas used. If there was not a sufficient number of sentences on which to compute the reading level, the entry indicates "minimal text." Audiovisuals were not given reading levels. Reading level was not computed for the non-English version of a publication. Refer to Appendix C for more information on readability.
- 9) **Language:** Languages in which the material is available are listed. When requesting materials from FNIC, please specify language(s) desired next to the title.
- 10) **NAL Call Number:** The NAL call number for each item is listed. This is the number to use when requesting items for loan from FNIC. (See page vii for more information on how to borrow from FNIC.)

FNIC Borrowing Information for WIC/CSF Program Staff

The following directions are for individuals who may borrow items directly from the Lending Branch of the National Agricultural Library. All staff of WIC and CSF Programs can borrow materials directly from the Lending Branch through the Food and Nutrition Information Center (FNIC). See "Availability of Documents" on page xi for a list of other agencies that have direct borrowing privileges.

The loan period for materials is one month including mail time. A maximum of three audiovisuals may be borrowed at one time. Borrowers are responsible for payment of return postage. Books and audiovisuals are not loaned outside the United States and its territories.

Written/Fax Requests

One Individual Request Form (IRF) must be sent for each item. There is a blank IRF on page ix which you can photocopy and use to request items. Be sure that you include the NAL call number, title, author, and date needed for each item. Also be sure to include an original signature on each form.

Send your written requests to: 8th Floor Lending, National Agricultural Library, Beltsville, MD 20705.

Send your fax requests to: 8th Floor Lending, 301-344-3675 or 301-344-4308.

Telephone Requests

You can also request materials by phone. Keep in mind that the limit is three items per phone request. For phone requests call 301-344-3719. This is an automated system. To borrow materials complete the following steps:

Dial 301-344-3719.

When the voice message starts, press "1" to begin the call.

Press "2" to reach an Information Center.

Next press "1" for Food and Nutrition (FNIC).

Choose "2" to borrow FNIC materials.

Next press "1" to borrow audiovisuals, or

Press "2" to borrow books or request journal articles.

You can press the desired number at any time during the message. Also, if you press "6," the list of options will be repeated.

If you call frequently and know the numbers of the options desired, you can press the next number as soon as you hear the message start. For example, if you want to borrow materials, you can press "1, 2, 2." Just leave a few seconds in between numbers to let the phone switch to the next set of messages. You do not need to wait for the message to list all of the options.

Directions for Completing the Individual Request Form

To request items by mail from the Food and Nutrition Information Center (FNIC), complete an Individual Request Form (IRF). A blank form which you can photocopy is provided on page ix. An example of how to complete an IRF is shown below using a citation from this bibliography. For further information about borrowing materials, contact FNIC at 301-344-3719; or Food and Nutrition Information Center, National Agricultural Library, 10301 Baltimore Boulevard, Room 304, Beltsville, Maryland 20705-2351.

- Vitamin A, the eyes have it!** Augusta, ME: Department of Human Services; c1988.
Format: 1 sheet
Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333
Cost: Single copy free. May reproduce with credit given to source.
NAL Call Number: TX361.W55W52 no. 111
Reading Level: 4th grade. **Language:** English
Abstract: This sheet provides a list of foods which contain vitamin A. Vitamin A helps keep eyes and skin healthy.
Descriptors: Nutrition
Appraisal: This minimal text handout requests the participant to circle the vitamin A foods listed that they like to eat and to serve these frequently.

NAL Call Number

Author (if given)

Book Title and
Publisher Information/Publication Date

Type of material you are asking for

Date you would like to show the material
(for audiovisuals)

Your original signature and today's date

Your Name, Agency, Address

Your Telephone Number

IRF (Individual Request Form)	
NAL CALL NO. TX361. W55W52 no. 111	Send request to: U.S. Department of Agriculture National Agricultural Library Document Delivery Services Branch Sixth Floor Beltsville, MD 20705
REPORT TO REQUESTER NOT SENT BECAUSE <input type="checkbox"/> NOT OWNED <input type="checkbox"/> NOT YET RECEIVED <input type="checkbox"/> IN VISUAL BINDERY <input type="checkbox"/> MISSING <input type="checkbox"/> INCORRECT CITATION <input type="checkbox"/> LACKS SIGNATURE <input type="checkbox"/> INCOMPLETE CITATION <input type="checkbox"/> EXCEEDS MAX COST	
Book author: OR: periodical title, volume, date (List book author here, if given)	
Book title, edition, place, year, series; OR: periodical article author, title, pages. Vitamin A, the eyes have it! Augusta, ME: Department of Human Services, 1988 This edition only: <input type="checkbox"/>	
Verified in: OR: item cited in:	
ISBN, ISSN, LC Card, OCLC, or other number if known	
TYPE OF MATERIAL REQUESTED (CHECK ONE): <input checked="" type="checkbox"/> LOAN <input type="checkbox"/> PHOTOCOPY <input type="checkbox"/> MICROFICHE <input type="checkbox"/> MICROFILM <input type="checkbox"/> FILM <input type="checkbox"/> RECORD <input type="checkbox"/> FILMSTRIP <input type="checkbox"/> AUDIOCASSETTE <input type="checkbox"/> OTHER <input type="checkbox"/> MOTION PICTURE <input type="checkbox"/> VIDEOCASSETTE <input type="checkbox"/> 8mm <input type="checkbox"/> 16mm <input type="checkbox"/> Beta <input type="checkbox"/> VHS <input type="checkbox"/> U-Matic	NOTICE: WARNING CONCERNING COPYRIGHT RESTRICTIONS The copyright law of the United States (Title 17 United States Code) governs the making of photocopies or other reproduction of copyrighted material. Under certain conditions specified in the law, libraries and archives are authorized to furnish a photocopy or other reproduction. One of these specified conditions is that the photocopy or reproduction is not to be used for any purpose other than private study, scholarship, or research. If a user makes a request for, or later uses a photocopy or a reproduction for purposes in excess of "fair use", that user may be liable for copyright infringement. This institution reserves the right to refuse to accept a copying order if, in its judgment, fulfillment of the order would involve violation of copyright law.
CHARGES (Waived for USDA employees & patrons eligible for Expanded Service) Photocopy \$5.00 for 1st 10 pgs or fraction, Microfilm hard copy \$3.00 each additional 10 pages Microfiche hard copy or fraction from a single article. Duplication of NAL-owned microfilm: \$10.00 per reel. Duplication of NAL-owned microfiche: \$5.00 1st fiche; \$ 50 each additional fiche per title.	YOU MUST SIGN BELOW TO ENSURE SERVICE I have read the warning on copyright restrictions and accept full responsibility for compliance.
DO NOT SEND PREPAYMENT. Maximum willing to pay:	Signature <u>Joe Patron</u> Date <u>3/15/91</u>
Your Name, Agency, & Business or Affiliation Address (Include Zip Code) Joe Patron Food Program 123 ABC Street Somewhere, MD 207XX	
TELEPHONE (301) 555-1234 NOT NEEDED AFTER	

IRF (Individual Request Form)

NAL CALL NO. _____	Send request to: U.S. Department of Agriculture National Agricultural Library Document Delivery Services Branch Sixth Floor Beltsville, MD 20705	REPORT TO REQUESTER NOT SENT BECAUSE <input type="checkbox"/> NOT OWNED <input type="checkbox"/> NOT YET RECEIVED <input type="checkbox"/> IN USE/AT BINOCULAR <input type="checkbox"/> MISSING <input type="checkbox"/> INCORRECT CITATION <input type="checkbox"/> LACKS SIGNATURE <input type="checkbox"/> INCOMPLETE CITATION <input type="checkbox"/> EXCEEDS MAX COST
Book author: OR periodical title, volume, date Book title, edition, place, year, series; OR: periodical article author, title, pages.		<hr style="border-top: 1px dashed black;"/> NAL ACTION <input type="checkbox"/> RESERVE PLACED - WILL SEND <input type="checkbox"/> OBTAINING FROM ANOTHER SOURCE <input type="checkbox"/> PURCHASE ORDER PLACED
Verified in: OR: Item cited in: _____ ISBN, ISSN, LC Card, OCLC, or other number if known: _____		This edition only: <input type="checkbox"/>
TYPE OF MATERIAL REQUESTED (CHECK ONE): <input type="checkbox"/> LOAN <input type="checkbox"/> PHOTOCOPY <input type="checkbox"/> MICROFICHE <input type="checkbox"/> MICROFILM <input type="checkbox"/> FILM <input type="checkbox"/> RECORD <input type="checkbox"/> FILMSTRIP <input type="checkbox"/> AUDIOCASSETTE <input type="checkbox"/> OTHER <input type="checkbox"/> MOTION PICTURE <input type="checkbox"/> VIDEOCASSETTE <input type="checkbox"/> 8mm <input type="checkbox"/> 16mm <input type="checkbox"/> Beta <input type="checkbox"/> VHS <input type="checkbox"/> U-Matic		
SHOW DATE: _____ <div style="display: flex; justify-content: space-around; width: 100%;"> 1ST 2ND </div>		
<div style="border: 1px solid black; padding: 5px;"> CHARGES (Waived for USDA employees & patrons eligible for Expanded Service) <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> Photocopy Microfilm hard copy Microfiche hard copy </div> <div style="border: 1px solid black; padding: 5px; flex-grow: 1;"> \$5.00 for 1st 10 pgs or fraction. \$3.00 each additional 10 pages or fraction from a single article. </div> </div> Duplication of NAL-owned microfilm: \$10.00 per reel. Duplication of NAL-owned microfiche: \$5.00 1st fiche; \$5.00 each additional fiche per title. </div>		
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<div style="border: 1px solid black; padding: 5px; text-align: center;"> YOU MUST SIGN BELOW TO ENSURE SERVICE </div>		
<i>I have read the warning on copyright restrictions and accept full responsibility for compliance.</i>		
<div style="display: flex; justify-content: space-between;"> Signature _____ Date _____ </div>		
Your Name, Agency, & Business or Affiliation Address (Include Zip Code)		
TELEPHONE: _____ NOT NEEDED AFTER: _____		

Availability of Documents

Expanded Service Patrons

The National Agricultural Library, Document Delivery Services Branch provides direct lending services to persons working for the U.S. Congress, libraries and information centers. Through an interagency agreement with the Food and Nutrition Service (FNS) of USDA, NAL has expanded the categories of users eligible for direct loan of books and audiovisuals, free photocopies of journal articles, and comprehensive reference/research services. The expanded group includes persons working for federal government agencies and cooperators with FNS programs:

- Elementary and secondary schools and school districts (including teachers, nurses, and food service and media center staff)
- Nutrition Education and Training Program
- Supplemental Food Program for Women, Infants and Children (WIC), and Commodity Supplemental Food Program (CSFP)
- Child Care Food Program (CCFP)
- Food Distribution Program on Indian Reservations (FDPIR)
- State Agencies (State employees only)

Submit lending requests on Individual Request Forms (IRF), one request per form; provide complete address, affiliation, telephone number, job title and original signature of the requester to:

Document Delivery Services Branch
USDA National Agricultural Library
6th Floor, NAL Building
10301 Baltimore Blvd.
Beltsville, MD 20705-2351

General Service Patrons

If you do not fall into one of the above categories, obtain food and nutrition materials through interlibrary loan. The librarian in your public, state, university or corporate library can assist you with the interlibrary loan. All requests must comply with the National or International Interlibrary Loan Code. Current charges for photocopies are \$5.00 for the first 10 pages; \$3.00 for each additional 10 pages; \$5.00 for the first fiche and \$.50 for each additional fiche; \$10.00 for duplicate reel of microfilm.

USDA Patrons

Submit one Form AD 245 for each item required to your local Agency or Regional Document Delivery System Library or directly to the National Agricultural Library, Document Delivery Services Branch.

General information, call (301) 344-3755.

Reference service, subject searching and identification of newest editions or titles, call (301) 344-3719.

Document delivery and booking of audiovisuals, call (301) 344-2994.



Pregnancy

Overview of Pregnancy

- 1 **Be good to your baby before it is born** (Spanish title: *Cuide bien a su bebé antes de que nazca*). White Plains, N.Y : March of Dimes Birth Defects Foundation; 1988?

Format: Pamphlet

Source: March of Dimes, Supply Division, Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605 (914) 428-7100

Cost: Single copy free. \$3.50 for 50 copies.

NAL Call No.: TX361.W55W52 no.167a-b

Reading Level: 7th grade

Language: English, Spanish

Abstract: Guidelines for prenatal care that can be used to supplement professional advice are outlined in this introductory guide to pregnancy. The need to obtain early and regular prenatal care is emphasized. Topics include: nutritional needs during pregnancy, weight gain, commonly encountered problems, warning signals, and indications for specialized prenatal care. Advantages of childbirth preparation classes and what to expect during labor and delivery are discussed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This very attractive, thorough presentation on prenatal care contains colorful, multiethnic photographs and its personal approach make the material appealing.

- 2 **Food and nutrition facts for pregnancy: important to you and your baby** (Spanish title: *Datos sobre la comida y la nutrición en el embarazo importante para Ud. y para su bebé*). Lansing, MI : Michigan Dept. of Public Health; 1988.

Format: Booklet

Source: Michigan Dept. of Public Health, 3423 N. Logan, P.O. Box 30195, Lansing, MI 48909

Cost: Letterhead request, indicating form number H-731 and quantity. Multiple copies to Michigan WIC agencies. Single copy free for out of state. May reproduce with credit given to source.

NAL Call No.: RG559.F68; RG559.F6818 (Spanish)

Reading Level: 7th grade

Language: English, Spanish

Abstract: This booklet describes the trimesters of pregnancy and the importance of good nutrition. The components of a nutritious diet are described and the food sources for these nutrients are reviewed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This well-designed booklet provides a wealth of information in its 15 pages. It may be an excellent resource for participants who would like a thorough overview of nutrient needs during pregnancy. One highlight of the booklet are the diagrams illustrating the growth of the fetus throughout the pregnancy. The Spanish translation is not of the highest quality.

- 3 Good beginnings for having a healthy baby.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.13

Reading Level: 6th grade

Language: English

Abstract: This pamphlet provides brief dietary recommendations for pregnant women. Helpful hints about weight gain, liquids, vitamins and minerals, nausea and vomiting, heartburn, and constipation are provided in addition to a listing of harmful habits.

Descriptors: Pregnancy - nutritional aspects

Appraisal: An attractive pamphlet which provides an overview of the major considerations for good nutrition during pregnancy. There is a place entitled "Special Tips for Me" where the health professional or client can list individual recommendations for improvement. Pamphlet needs to be supplemented with additional information on food group recommendations.

- 4 Help your baby to a healthy start.** Sacramento, CA : CA WIC Program; 1985?

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.282a-e

Reading Level: 5th grade

Language: English, Spanish, Vietnamese, Cambodian, Chinese

Abstract: This folded sheet provides guidelines about nutrition during pregnancy. Topics include: weight gain during pregnancy, proper nutrition during pregnancy, and exercise. A daily food guide is included.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This colorful material contains supportive illustrations of women exercising. Note that weight gain recommendations may not be consistent with current thought. Food guide recommends four servings from each group except three from the vegetable/fruit group.

- 5 Help your baby to a healthy start.**
Englewood, CO : Tri-County
Health Dept; 1986.

Format: Pamphlet

Source: Tri-County Health Dept.,
Nutrition Division, 7000 E. Bel-
levue, Suite 301, Englewood, CO
80111

Cost: \$.50/copy; \$.25/copy with
self-addressed, stamped envelope;
\$1.50/100 copies; \$10.00 for white
master copy. May reproduce with
credit to agency.

NAL Call No.: TX361.W55W52
no.88

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides suggestions for mater-
nal nutrition including weight gain, exercise, and a warning
against smoking, alcohol and drug consumption. A daily
food guide is included which explains the foods and servings
which should be consumed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The information is presented in a clear and in-
teresting format, although the information is somewhat
limited and may need to be supplemented with other mate-
rials. There are columns in the daily food guide to check in
order to evaluate the client's diet.

- 6 Take care of yourself during preg-
nancy: wherever you are!** Juneau,
AK : Nutrition Services, Alaska,
Dept. of Health and Social Ser-
vices; 1983.

Format: Pamphlet

Source: Alaska Division of Public
Health, WIC Division, Box H,
Juneau, AK 99811-0612

Cost: Single copy free. May
reproduce with credit given to
source.

NAL Call No.: E75.A5 [no.A-16]

Reading Level: 5th grade

Language: English

Abstract: Guidelines for a healthy pregnancy are outlined in
this brochure from the Alaska Department of Health and
Social Services. Recommendations include 1) getting early
prenatal care, 2) eating adequate amounts of foods from
each of the major groups each day, 3) refraining from
smoking cigarettes and drinking alcoholic beverages, 4)
getting plenty of exercise and plenty of rest, and 5) taking
medications and supplements only as prescribed by a
physician. Warning signs that can indicate a medical prob-
lem are identified.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The prenatal guidelines are useful though more
complete dietary information could have been included. An
Eskimo mother and daughter are pictured.

Weight Gain During Pregnancy

- 7 Healthy babies don't just happen.**
Minneapolis, MN : Healthy Infant
Outcome Project Regents of the
University of Minnesota; 1988.

Format: Poster

Source: University of Minnesota,
Public Health Nutrition, 420 Dela-
ware St. SE, Minneapolis, MN
55455

Cost: \$25.00 for set of three
posters

NAL Call No.: Graphic no.210

Language: English

Abstract: This set of three posters encourages pregnant
women to eat nutritiously, gain the proper amount of
weight during pregnancy, and lose the excess weight when
the pregnancy is over.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This set of three posters focuses on adequate
weight gain during pregnancy, although no specific
guidelines are given. Posters are attractive and witty.

- 8 **It's a healthy new baby!: how much weight should you gain to have a healthy baby.** Philadelphia, PA : March of Dimes : Philadelphia Dept. of Public Health; 1989.

Format: Poster

Source: Philadelphia Dept. of Public Health, Maternal and Infant Health, 500 S. Broad St., Philadelphia, PA 19146

Cost: \$5.00

NAL Call No.: Graphic no.214

Language: English

Abstract: This poster informs pregnant women that they need to gain a minimum of 24 lbs. during their pregnancy.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This poster was designed to accompany the written publication entitled "Healthy Foods, Healthy Baby," but could also be used separately. Illustrations are geared more towards pregnant adolescents. Text recommends keeping track of weight gain during pregnancy on separate tablet which can be stuck to posters. Weight gain recommendation is to gain 24 pounds. To reflect current recommendations a sticker advising a gain of 30 pounds is available.

- 9 **More of mom's baby foods: to help you gain what it takes.** Minneapolis, MN : Healthy Infant Outcome Project: Regents of the University of Minnesota; 1988.

Format: Pamphlet

Source: University of Minnesota, Public Health Nutrition, 420 Delaware St. SE, Minneapolis, MN 55455

Cost: \$4.00 May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.287

Reading Level: 6th grade

Language: English

Abstract: This folded sheet recommends foods and their serving sizes which should be consumed in addition to a regular diet during pregnancy in order to assure proper weight gain.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This piece involves both the nutritionist and reader in planning ways to add calories and nutrients to the diet. Fast foods, ethnic foods, and nutrient dense foods are included on the two-page list of extra foods to eat.

- 10 **Pregnancy and your weight.** Oklahoma City, OK : Oklahoma City Area, Indian Health Service; 1984.

Format: Pamphlet

Source: Oklahoma City Area Indian Health Service, 215 Dean A. McGee St. NW, Room 409, Oklahoma City, OK 73102

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: E75.A5 [no.A-12]

Reading Level: 6th grade

Language: English

Abstract: The importance of gaining proper weight during pregnancy is addressed in this pamphlet. It provides information on how much weight should be gained during a normal pregnancy, the timing of weight gain, proper diet, and how to get back into shape after delivery. A prenatal weight gain grid is provided to chart progress.

Descriptors: Pregnancy - nutritional aspects

Appraisal: Patterned after materials produced by the state of California, this pamphlet is targeted towards Native American populations. A weight gain range of 20 to 30 pounds is recommended.

- 11 Weight gain during pregnancy for adults.** Columbus, OH : State of Ohio, Dept. of Health; 1987.

Format: Pamphlet

Source: Ohio Dept. of Health, P.O. Box 118, Columbus, OH 43266-0118

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.4

Reading Level: 7th grade

Language: English

Abstract: This leaflet discusses weight gain during pregnancy. A chart is provided to record the patient's weight.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This pamphlet provides coverage thorough treatment of weight gain. The recommended weight gain is 22 to 28 pounds for a woman entering pregnancy at her recommended body weight. Variations for deviations from the recommended are given. A weight record chart and weight gain chart will allow women to monitor their own progress towards individually determined goals.

- 12 Your weight & weight gain: nutrition for pregnancy and breast feeding.** Sacramento, CA : The CA Maternal and Child Health Branch; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.5; TX361.W55W52 no.6 (Spanish)

Reading Level: 6th grade

Language: English, Spanish

Abstract: This leaflet provides advice and information about weight gain during pregnancy. Topics include: how much weight should be gained, when the weight gain should take place, what should be eaten to gain weight; and how to get back into shape after pregnancy.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This comprehensive review of weight gain during pregnancy is presented in an attractive format. Weight gain recommendations are for about 24 pounds and do not reflect current weight gain recommendations. An adaptation of this pamphlet is available from the Nebraska Dept. of Health.

- 13 Your weight gain chart.** Minneapolis, MN : Healthy Infant Outcome Project, Regents of the University of Minnesota; 1988.

Format: Single sheet

Source: University of Minnesota, Public Health Nutrition, 420 Delaware St. SE, Minneapolis, MN 55455

Cost: Camera-ready copies available at \$10.00/copy. May reproduce with credit given to source.

NAL Call No.: Graphic no.232

Language: English

Abstract: This chart details the desirable ranges of weight gain for pregnant women. The information includes data on four weight status categories (underweight, normal, overweight, and obese) and projects the appropriate weight gain for each category throughout the pregnancy.

Descriptors: Pregnancy - nutritional aspects

Appraisal: Developed as a part of a Healthy Infant Outcome Project, this prenatal weight gain grid helps the participant to track her weight gain during pregnancy. Participants may need assistance in determining their weight status category and plotting their weight gain. A guide is provided for the health care professional to use in identifying the prepregnancy weight status.

Dietary Guidance During Pregnancy

- 14 At this very special time in your life. Rosemont, IL : Dairy Council of California ; Distributed by National Dairy Council; 1983.

Format: Booklet

Source: National Dairy Council, Order Dept., 63000 North River Rd., Rosemont, IL 60018-4233

Cost: \$.75/copy. Orders over \$10.00 add \$2.75 handling. Order #0020N

NAL Call No.: RG559.A85

Reading Level: 6th grade

Language: English

Abstract: Guidelines for the development of a daily food pattern that provides all the nutrients needed by pregnant and breastfeeding women are provided in this illustrated booklet. Nutrition tips are given for a healthy pregnancy, to help alleviate pregnancy-related discomforts, for breastfeeding, and for non-breastfeeding women following delivery.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This self-instructional booklet provides a method for the participant to become involved in assessing her own diet and making changes. However, the length and need to follow instructions closely may be difficult for participants with lower education levels. Introducing this tool in a counseling session or class may overcome this concern since participants could complete the chart with the assistance of the nutrition educator.

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- 15 [Daily food guide]. Yuba City, CA : Sutter County Health Dept., WIC Program; Not dated.

Format: Single sheet

Source: Sutter County Health Dept., WIC Program, P.O. Box 1510, Yuba City, CA 95992

Cost: Single copy free. Send self-addressed stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.272

Language: Panjabi

Abstract: This sheet lists the food groups and number of servings from each that are needed for a healthy pregnancy. Serving sizes are listed.

Descriptors: Nutrition

Appraisal: This sheet was translated to Punjabi from the last page of "Help Your Baby to a Healthy Start". No reading level was calculated.

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- 16 Foods for a healthy pregnancy. Landover, MD : Giant Food, Inc.; 1985.

Format: Booklet

Source: Giant Food Inc., P.O. Box 1804, Washington DC 20013

Cost: \$8.12/100 copies

NAL Call No.: RG559.J5

Reading Level: 4th grade

Language: English

Abstract: The importance of a healthy diet during pregnancy is the emphasis of this bulletin. A food guide for pregnant and breastfeeding women shows the number of servings of four different food groups recommended each day and a sample food record form is provided for evaluating a single day's intake. Additional topics include recommended weight gain during pregnancy, vitamin and mineral supplementation, morning sickness, constipation, and heartburn. Recipes and a week's worth of sample menus are introduced.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This very thorough overview of nutrition during pregnancy should be easily understood by all participants. Although the booklet has 35 pages, it does not provide excessive information; rather it provides lots of examples to help the reader comprehend the concepts presented.

17 Growing with WIC foods. Janesville, WI : Nutrition & Health Community Services; Not dated.

Format: Book, 71 pages

Source: Nutrition and Health Community Services, 32 E. Racine St., Janesville, WI 53545

Cost: 1-9 copies \$5.00/each; 10-24 copies \$4.50/each; 25+ copies \$4.00/each.

NAL Call No.: RJ206.67

Language: English

Abstract: This book discusses nutrition during pregnancy, breastfeeding, and infant feeding and provides a large section of nutritious recipes. The objective of the publication is to help pregnant women and mothers of infants, especially those involved with the WIC program, to plan for themselves and their children.

Descriptors: Pregnancy - nutritional aspects; Breastfeeding; Infant - nutrition

Appraisal: This book contains good general information, although not very in depth on pregnancy, breastfeeding, or infant feeding. Recipes are innovative and most are easy to make. Many recipes are high in fat and/or cholesterol. Print is easy to read. Additional pictures would make the book more appealing. The index by WIC food group is helpful. food group is helpful.

18 Having a baby? you need more iron. Philadelphia, PA : National Child Nutrition Project; 1989?

Format: Pamphlet

Source: Philadelphia Dept. of Public Health, Maternal and Infant Health, 500 S. Broad St., Philadelphia, PA 19146

Cost: 1-250 copies \$.35 each; 250+ copies \$.25 each. Include 6% shipping and handling.

NAL Call No.: TX361.W55W52 no.10

Reading Level: 4th grade

Language: English

Abstract: This brief leaflet encourages pregnant women to consume plenty of iron and recommends iron pills and various foods to provide iron to the body. A vegetable stew recipe is provided.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This excellent single concept pamphlet has a very low reading level. It is suitable for both pregnant women and teenagers.

19 Healthy mother's food wheel: make all your food count. Washington, DC : The American College of Obstetricians & Gynecologists; 1987.

Format: Other

Source: ACOG Distribution Center, P.O. Box 91180, Washington, DC 20090-1180

Cost: \$15.00/25 copies + \$4.00 shipping and handling

NAL Call No.: TX361.W55W52 no.206

Reading Level: 4th grade

Language: English

Abstract: This food wheel illustrates possible food choices for each meal and recommends the serving sizes for pregnant and nursing women. Brief nutrition guidelines for pregnant women are also provided.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The attractive format and novel approach of this food wheel will stimulate the interest of WIC participants. However, some participants who are not familiar with interpreting tables and charts may require additional explanations from the WIC staff.

- 20 **Hey baby: how to eat and gain right to grow the best baby possible.** Minneapolis, MN : Healthy Infant Outcome Project: Regents of the University of Minnesota; 1988.

Format: Booklet

Source: University of Minnesota, Public Health Nutrition, 420 Delaware St. SE, Minneapolis, MN 55455

Cost: \$4.00/copy. May reproduce with credit given to source.

NAL Call No.: RG559.H44

Reading Level: 5th grade

Language: English

Abstract: This booklet discusses the weight gain, diet, and nutrition of pregnant women. Through a comic strip story and illustrated text, the publication urges women to gain 30 to 35 pounds during pregnancy. Food lists to assist the mother in making healthy food choices and advice for the friend of a pregnant woman to support and encourage the pregnant woman are provided.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The booklet places a heavy emphasis on proper weight gain and good nutrition. One use for this magazine format may be in a waiting room. This booklet is also appropriate for pregnant teens.

- 21 **A mother's D.I.E.T.** Erick, Miriam. Brookline, MA : Grinnen-Barrett Publishing Co.; 1988.

Format: Poster

Source: Grinnen-Barrett Publishing Co., P.O. Box 779, Brookline, MA 02146, (617)232-1993

Cost: \$14.95, special price for orders of six or more.

NAL Call No.: Graphic no.209

Reading Level: 5th grade

Language: English

Abstract: This poster encourages expectant mothers to practice good nutrition and develop intelligent eating techniques (d.i.e.t.). Advice concerning the basic four food groups and the desirability of avoiding fats and oils are communicated in a series of two line rhymes.

Descriptors: Mothers - nutrition - posters

Appraisal: This poster features a catchy poem which may be used in the clinic area or waiting area. Some participants with a lower educational level who might not have been exposed to poetry may not appreciate the cleverness of the rhythms.

- 22 **Nutrition during pregnancy.** Madison, WI : Division of Health, Wisconsin Dept. of Health and Social Services; 1986?

Format: Pamphlet

Source: Wisconsin Dept. of Health and Social Services, Division of Health, P.O. Box 309, 1 W. Wilson, Madison, WI 53701

Cost: Single copy free. May reproduce with credit given to source. Order # POH 4079

NAL Call No.: TX361.W55W52 no.3

Reading Level: 6th grade

Language: English

Abstract: This folded sheet provides diet recommendations for pregnant and breastfeeding women. Suggestions are also made concerning the number of servings needed. The guide helps individuals review their diet and find areas that need improvement.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The creative graphic design is an outstanding feature of this pamphlet which opens out to a 12 by 22 inch sheet. The major objective is to make the reader an active participant in evaluating her eating habits and formulating plans for daily menus.

- 23 Prenatal nutrition.** Popovich, Mary Jane. Tacoma, WA : Stretching Charts; 1987.

Format: Single sheet

Source: Stretching Charts, Inc., P.O. Box 44646, Tacoma, WA 98444 (800) 356-0709

Cost: Price depends on amount ordered. Phone orders accepted 800-356-0709.

NAL Call No.: TX361.W55W52 no.251

Reading Level: 7th grade

Language: English

Abstract: This sheet provides important information about nutrition for pregnant women. The sheet discusses: tips to ease constipation, heartburn, and morning sickness; maintaining a vegetarian diet during pregnancy; nutrients, their sources and purposes; and recommendations of the types and amounts of food that should be consumed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This attractive, well organized, accurate material is appropriate for the educated reader. Illustrations and a sample meal plan (or space for nutritionist to add one) would have improved overall quality. The section titled "If you Don't Feel Like Cooking" is especially insightful.

- 24 Prenatal nutrition guide.** Boston, MA : Massachusetts WIC Program; 1985.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52 no.15

Reading Level: 5th grade

Language: English, Spanish, Vietnamese, Portuguese, French, Laotian, Cambodian, Chinese

Abstract: This single sheet recommends foods and the number of servings to be consumed by pregnant women. Brief information is also given on weight gain, nausea and vomiting, constipation, and heartburn.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This prenatal nutrition guide is an excellent resource for the diverse WIC population. The brief sections on weight gain, drug intake, and discomforts of pregnancy should assist the woman who may have trouble comprehending English. Some clients may find the quantity and format of the food group chart confusing and too packed with information.

- 25 Recipe for healthy babies.** White Plains, NY : March of Dimes Birth Defects Foundation; 1989.

Format: Pamphlet

Source: March of Dimes, Supply Division, Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605 (914) 428-7100

Cost: Single copy free. \$3.00 for package of 50.

NAL Call No.: TX361.W55W52 no.284

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses the diet a pregnant woman should be consuming. The four food groups and the need to eat a balanced diet are discussed. Other topics include: weight gain, snacks, water, alcohol, caffeine, and drugs.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This eye-catching well organized pamphlet contains colorful photographs of many foods, including ethnic foods. The title may be misleading, as no actual recipes are included.

- 26 Snacks for a healthy pregnancy ; Food shopping list for a healthy pregnancy.** Philadelphia, PA : Philadelphia Dept. of Public Health, Maternal and Infant Health; 1990.

Format: Single sheet

Source: Philadelphia Dept. of Public Health, Maternal and Infant Health, 500 S. Broad St., Philadelphia, PA 19146

Cost: \$1.00/tablet

NAL Call No.: TX361.W55W52
no.274

Language: English

Abstract: This sheet provides a guide for a food shopping list which reminds the food shopper to select nutritious foods in eight categories. The back side of the sheet contains several ideas for nutritious snacks.

Descriptors: Nutrition

Appraisal: This sheet is useful for reminding shoppers to buy a variety of foods. No nutritional recommendations are made as to the amount to eat from each group each day. Recipes on reverse side are easy to make and are good ideas for snacks.

- 27 What to eat before your baby comes.** Birmingham, AL : Alabama Dept. of Public Health; 1986?

Format: Other

Source: Alabama Dept. Public Health, WIC Division, 434 Monroe St., Montgomery, AL 36130

Cost: Single copy free. Send self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.49

Reading Level: 6th grade

Language: English

Abstract: This collection of sheets on pregnancy subjects provides a wide range of information. Topics include: nutrition for the pregnant teen; rapid weight gain, slow weight gain, constipation and hemorrhoids, nausea, indigestion and heartburn, and the advantages of breastfeeding for the mother. A list of foods that contain iron are provided.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The pocket folder with individual selected inserts is a creative way to tailor the counseling messages and corresponding literature to the specific needs of the client. The information printed on the inside of the folder may be reformat to increase readability and comprehension. But this interesting presentation format would be easy for other agencies to adapt.

- 28 What you eat makes a difference.** Revised 10/87. Harrisburg, Pa : PA Department of Health; 1987.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.277

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides information about the amount and types of food that should be consumed during pregnancy.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This pamphlet presents the recommended serving of foods from each food group for the under 18 year old and over 18 year old. Although the colors are attractive, some participants may find the chart format and the small print for the definitions of a serving difficult to read.

Problems During Pregnancy

- 29 Diabetes & pregnancy: what to expect.** Alexandria, VA : American Diabetes Association; 1989.

Format: Book, 70 pages

Source: American Diabetes Association, 1970 Chain Bridge Rd., McLean, VA 22109-0592, (800) ADA-DISC

Cost: \$7.25

NAL Call No.: RG580.D5D52

Reading Level: 10th grade

Language: English

Abstract: This book is a comprehensive guide for the woman with type I (insulin-dependent) diabetes who is pregnant or is thinking about having a baby. The important elements of proper diabetes care during pregnancy, including meal planning, exercise, insulin therapy, and monitoring are explained.

Descriptors: Pregnancy - nutritional aspects; Diabetes in pregnancy

Appraisal: This book is an excellent review of type I insulin-dependent diabetic pregnancy. The reading level is high, but all of the information is important for the diabetic planning a pregnancy or already pregnant. Large print and clear illustrations help to facilitate reading ability. The book suggests asking a dietitian to help schedule meal plans. The meal plans are not included. [A similar book on gestational diabetes is also available]

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- 30 Eating healthy foods.** Franz, Marion J.; Barr, Patricia; Fairbanks, Colleen. Alexandria, Va : American Diabetes Association ; American Dietetic Association; 1988.

Format: Booklet

Source: American Diabetes Association, 1970 Chain Bridge Rd., McLean, VA 22109-0592, (800) ADA-DISC

Cost: Members: \$1.75/copy, Non-members: \$2.00/copy.

NAL Call No.: TX364.F7

Reading Level: 1st grade

Language: English

Abstract: This publication presents information about healthy eating habits for clients who have minimal reading skills. The amount of text has been intentionally limited, symbols and color codes have been used whenever possible, and concepts have been presented visually to provide the client with essential nutrition information. The workbook is designed to be used by a counselor with the client so that the concepts presented may be explained.

Descriptors: Diabetes; Nutrition

Appraisal: This pictorial guide to eating for the diabetic could be an excellent supplement to counseling the pregnant diabetic. The use of minimal text coupled with spaces to tailor individual diet recommendations could be just the tool that would simplify the explanations required for the gestational diabetes diet.

- 31 **Feeling good!: tips to control nausea.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: \$.05/copy. Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.7

Reading Level: 6th grade

Language: English

Abstract: This sheet provides 14 short tips to help pregnant women control nausea.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This one concept teaching card will be useful in clinics where nutritionists want to target materials handed out to the specific needs of the client. The 14 tips given include suggestions such as avoiding smoke filled rooms and opening the windows to remove cooking odors. This one concept sheet is more detailed than some other materials reviewed on the same subject.

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- 32 **For the pregnant woman with high blood sugar.** Englewood, CO : Tri-County Health Dept; Not dated.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Belview, Suite 301, Englewood, CO 80111

Cost: Free to WIC agencies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.14a-c

Reading Level: 7th grade

Language: English

Abstract: This set of three pamphlets provides brief advice for pregnant women with high blood sugar concerning diet and exercise. Daily food guides for 1800, 2000, and 2200 calories are provided.

Descriptors: Diabetes; Pregnancy - nutritional aspects

Appraisal: This is a series of pamphlets designed for the gestational diabetic on 1800, 2000, or 2200 calorie prescriptions. It would be useful as a follow-up to nutritional counseling which could individualize the diet recommendations, as well as clarify the sections on label reading and foods to avoid.

- 33 Relief from common problems: nausea, constipation, heartburn.** Sacramento, CA : California Department of Health Services; 1986.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$8.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.11; TX361.W55W52 no.12 (Spanish)

Reading Level: 6th grade

Language: English, Spanish

Abstract: This leaflet provides advice for pregnant women concerning nausea, constipation, and heartburn. The guidelines recommend that over-the-counter drugs or home medications be avoided and a doctor consulted when the suggestions provided here do not provide relief.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This pamphlet, in addition to being visually pleasing, gives some common sense tips for relieving some of the more common discomforts of pregnancy. It is straight forward and well laid out. It is suitable for use by women who have not had counseling on this topic area. The color of the type may decrease the readability of the material.

- 34 Understanding gestational diabetes: a practical guide to a healthy pregnancy.** Bethesda, MD : U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Institute of Child Health and Human Development; 1989.

Format: Booklet

Source: Superintendent of Documents, U.S. Government Printing Office, Washington DC 20402. Telephone (202) 783-3238.

Cost: \$2.00, VISA, Mastercard, or GPO deposit acct. accepted.

NAL Call No.: TX361.W55W52 no.18

Reading Level: 12th grade

Language: English

Abstract: This pamphlet discusses gestational diabetes and how this condition can be managed in order to achieve a healthy pregnancy. Written in a question and answer format, this publication discusses such topics as: the causes of gestational diabetes, the population at risk for gestational diabetes, how this condition may affect the fetus, and what steps can be taken to control gestational diabetes.

Descriptors: Diabetes in pregnancy; Pregnancy - nutritional aspects

Appraisal: Although the booklet is thorough and answers many questions that a patient may have, there are several inconsistencies between the text and the tables/illustrations. For example, five to six meat and four milk servings are listed in the food guide but the sample menu includes fewer numbers of servings from each of these two groups. The advice about the use of artificial sweeteners is conflicting. Many topics are covered and an index could have been included. Although the reading level is high, the material provides simple definitions of the technical terms the patient needs to know.

Teenage Pregnancy

- 35 **Eat healthy foods for a healthy baby.** Philadelphia, PA : Philadelphia Department of Public Health; 1989.

Format: Poster

Source: Philadelphia Dept. of Public Health, Maternal and Infant Health, 500 S. Broad St., Philadelphia, PA 19146

Cost: \$5.00 each

NAL Call No.: Graphic no.233

Language: English

Abstract: This poster encourages pregnant adolescents to eat well during pregnancy in order to promote the health of their baby. The poster refers to the helpful information booklet *Healthy Foods, Healthy Baby*.

Descriptors: Teenage pregnancy; Pregnancy - nutritional aspects

Appraisal: Through a dialogue between two teenagers, this poster promotes the use of the *Healthy Foods, Healthy Baby* materials during pregnancy.

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- 36 **Eating for a better start: instructor's manual : a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program (EFNEP).** Marecic, Maryfrances; Sullivan, Lisa. University Park, PA : Penn State Nutrition Center, Pennsylvania State University; 1989.

Format: Curriculum

Source: Penn State Nutrition Center, Ruth Bldg., 417 E. Calder Way, University Park, PA 16801-5663

Cost: \$15.00, Prepayment must be included with a check payable to The Penn State University. PA residents add 6% sales tax.

NAL Call No.: RG559.M3

Language: English

Abstract: This instructor's guide provides information on nutrition intended for pregnant adolescents participating in EFNEP. Intended to supplement the lessons contained in the "Eating Right is Basic 2" program, these materials may be used with one pregnant adolescent or with a group. Each lesson contains a rationale, specific objectives, activities, handouts, and an evaluation plan. A flip chart accompanies the lessons.

Descriptors: Pregnancy - nutritional aspects; Breastfeeding

Appraisal: This flip chart and accompanying teacher's manual offer a compendium of ideas and materials for teaching pregnant teenagers about nutrition. The nutritionist should carefully review the sections on breastfeeding as there are some subtle messages which might influence the teen not to choose breastfeeding. [Note: Updated version now available]

- 37 Good eating for the pregnant teen.** Revised. Camden, NJ : Camden County Division of Health, Nutrition Program; 1984.

Format: Booklet

Source: Camden County Division of Health & Nutrition Programs, 1800 Pavilion West Bldg., 2101 Ferry Ave., Camden, NJ 08104

Cost: Ordering agencies should provide a self-addressed envelope; one copy/agency. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.150

Reading Level: 5th grade

Language: English

Abstract: This booklet provides guidelines for the diet of pregnant teenagers. The booklet discusses weight gain during pregnancy, which vitamins are necessary for good health, which foods are sources for needed nutrients, morning sickness and what can be done about it, avoiding cigarettes, alcohol, and drugs, and dental health.

Descriptors: Teenage pregnancy; Pregnancy - nutritional aspects; Teenage pregnancy

Appraisal: Entertaining pictures and good general information on nutrition make this booklet worthwhile. Gaining 25 to 30 pounds during pregnancy is stressed. There is no mention of the underweight pregnant teen.

- 38 Healthy foods healthy baby, a story about how to eat right when you are pregnant** (Spanish title: *Alimentos saludables, bebé saludable: Un cuento sobre como comer bien cuando estás embarazada*). Philadelphia, PA : Maternal and Infant Health, The Dept. of Public Health; 1990.

Format: Booklet

Source: Philadelphia Dept. of Public Health, Maternal and Infant Health, 500 S. Broad St., Philadelphia, PA 19146

Cost: Both English and Spanish version available from above address. Less than 250 copies \$.60/each; over 250 copies \$.50/each.

NAL Call No.: RG559.H42 1990; RG559.H218 (Spanish)

Reading Level: 4th grade

Language: English, Spanish

Abstract: This booklet presents nutrition information for pregnant teens and young adults. Two pregnant teens meet at the health clinic and learn from one another about how to make good food choices. Information is conveyed through realistic dialogue, illustrations, and specific recommendations.

Descriptors: Pregnancy - nutritional aspects; teenage pregnancy; Teenage pregnancy

Appraisal: An excellent publication designed for teenagers and written in a tone that respects the ideas and concerns they may have. The length of the publication is 28 pages, which may be long for one sitting. The booklet contains a weight gain grid to be filled out at clinic visits. Spanish version developed for a Puerto Rican audience. (Special note: Free copies of the English version are available from: National Maternal and Child Health Clearinghouse, 38th & R Sts., NW, Washington, DC 20057, 202-625-8410).

- 39 A Healthy you, a healthy baby: answers for the pregnant teen.**
Boston, MA : Massachusetts Dept. of Public Health, Massachusetts WIC Program, Nutrition Education Task Force; 1989.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered.

NAL Call No.: TX361.W55W52 no.285

Reading Level: 3rd grade

Language: English

Abstract: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea, vomiting, constipation, and heartburn.

Descriptors: Pregnancy - nutritional aspects; Teenage pregnancy

Appraisal: Concerns of the teenager are addressed in this attractive two-sided sheet that involves the reader in a positive and personal manner. The true-false quiz and the space for the nutritionist's name and number are nice additions.

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- 40 Premature parents: a module on nutrition and teen-age pregnancy.**
Rody, Nancy; Pottenger, Francis M. Honolulu, HI : Curriculum Research and Development Group, College of Education, University of Hawaii; 1984.

Format: Curriculum

Source: RCUH, Castle Memorial Annex, 1776 University Ave., Honolulu, HI 96822

Cost: \$6.50 + 10% shipping and handling.

NAL Call No.: RG559.R6

Reading Level: 5th grade

Language: English

Abstract: Nutrition related health problems associated with adolescent pregnancy are the focus of this curriculum. The module consists of student worksheets and a teacher's guide, which includes resource materials and specific activity guides.

Descriptors: Pregnancy - nutritional aspects

Appraisal: Many innovative teaching tools are provided. Though most references are made to Hawaiian culture (foods, clothes, illustrations), other lifestyles and ethnic groups are represented. The third "activity" may not be appropriate for an already pregnant teen because the student explores the possibility of becoming pregnant and of the economic risks of premature parenthood.

Postpartum Needs

- 41 Be a healthy mom ... take care of yourself!** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1985.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$8.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.1

Reading Level: 4th grade

Language: English

Abstract: This pamphlet provides brief advice for new mothers on maintaining health. The advice includes rest, eat well, get a check-up, and get fresh air and sunshine. A daily food guide recommends good foods and appropriate servings.

Descriptors: Nutrition - women

Appraisal: This pamphlet provides a good overview of the things a new mom should consider after the birth of her child. It also gives pointers on dealing with the emotional and physical changes which may occur following childbirth. Dietary recommendations for both breastfeeding and non-breastfeeding women are included.

-
- 42 Postpartum care.** Augusta, ME : Maine Dept. of Human Services; 1986.

Format: Pamphlet

Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333

Cost: \$.10. Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.26

Reading Level: 8th grade

Language: English

Abstract: This brief pamphlet provides advice to new mothers about dealing with postpartum depression and how to physically care for their bodies. Instructions for exercises and recipes for healthy meals are included.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This overview of nutrition, exercise, and weight control can be helpful to the postpartum woman. Seven recipes using WIC foods are included. The instructions given for exercises are incomplete and only include muscle toning exercises. Suggestions for other activities, such as walking, should have been given.

- 43 **Weight control: a new weigh of life.** Jackson, MS : Special Supplemental Food Program for Women, Infants and Children (WIC), Bureau of Health Services, Mississippi State Dept. of Health; 1987.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W54 no.117

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides recommendations for behavior changes an individual must undertake in order to lose weight and to maintain the weight loss. Suggestions include: increase exercise/physical activity, eat nutritious foods in moderate quantities, stop eating before feeling full, drink plenty of water to suppress feelings of hunger, and walk or exercise instead of eating.

Descriptors: Women - nutrition

Appraisal: A motivating and realistic presentation on most aspects of weight control. The nutritionist may need to explain more about exercise, planning ahead, and monitoring progress. The subtitle "slim and trim" may imply that everyone should aim to be "slim" which is not an appropriate goal for all postpartum women in WIC.

Pregnancy Audiovisuals

- 44 **Choices: eating right for pregnancy.** Revised. St. Paul, MN : Children's Hospital; 1986.

Format: Slides with script, cassette, (72 slides)

Source: Nutrition Resource Services, United Hospital, 333 N. Smith Ave., St. Paul, MN 55102-2389

Cost: \$145 + \$5.00 shipping and handling for 1987 version

NAL Call No.: Slide no.266

Language: English

Abstract: This prenatal education program includes slides, an audio cassette tape and transcript. It was designed to be utilized in a group education setting or in individualized education settings. Topics reviewed are: nutrition and pregnancy, common problems of pregnancy (nausea, constipation and heartburn), weight gain, diet, nutrient supplementation, and breastfeeding vs. bottle feeding.

Descriptors: Pregnancy - nutritional aspects; Infant - nutrition

Appraisal: A well paced overview of nutritional needs during pregnancy. The printed script is formatted by subject area which would allow the nutrition educator to utilize selected sections of the slide-tape show to emphasize a single concept.

-
- 45 **Eating right for two.** Los Angeles, CA : Churchill Films; 1989.

Format: Video, VHS, 1/2", (20 min.)

Source: Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025-9816, (800) 334-7830 (213-207-6600 in CA)

Cost: \$295 plus \$2.00 shipping and handling

NAL Call No.: Videocassette no.644

Language: English

Abstract: Facts and advice about nutrition during pregnancy are presented at an informal class for pregnant women.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This video reflects a variety of lifestyles, socioeconomic levels, cultures, and food patterns (such as vegetarian). The film is well organized and motivational.

- 46 **Embarazo y diabetes.** [Pregnancy and diabetes] Evanston, IL : Professional Research Inc; 1987.

Format: Video, VHS, 1/2", (13 min.)

Source: Professional Research Inc., The Altschul Group, 930 Pitner Ave., Evanston, IL 60202 (800) 421-2363

Cost: \$295

NAL Call No.: Videocassette no.661

Language: Spanish

Abstract: This video presents the facts about gestational diabetes. It shows how to check blood sugar, the background factors and cause of this form of diabetes, its effect on the pregnancy, the baby, and the mother during and after the pregnancy. It also discusses what foods to select, as well as those to avoid.

Descriptors: Pregnancy - nutritional aspects; Pregnancy - complications of; Diabetes in pregnancy

Appraisal: This Spanish film with English subtitles meets the needs of the gestational diabetic. However, the client will need guidance from staff to better comprehend information, especially if the client has limited education.

- 47 **Eres lo que comes.** [You are what you eat] Seattle, WA : Novela Health Foundation; 1987.

Format: Video, VHS, 1/2", (36 min.)

Source: Novela Health Foundation, 2524 16th Ave. South, Seattle, WA 98147, 206-325-9897

Cost: \$190

NAL Call No.: Videocassette no.843

Language: Spanish

Abstract: The program uses the story of a young Latino woman working with her nutritionist and male companion to achieve a good pregnancy by learning how to cope with common pregnancy symptoms, manage weight gain, and avoid drugs and alcohol.

Descriptors: Pregnancy - nutritional aspects; Mothers - nutrition; Fetus - nutrition

Appraisal: This video is very appropriate for all Hispanic groups, especially Mexicans. This video which is divided into three 12-minute segments would be very useful in WIC clinic group sessions, since it would allow you to show segments and interject discussion, or save subsequent sessions for another class. The teaching guide is in English and provides excellent supplemental material for using the film.

- 48 **Gestational diabetes: great expectations.** Monterey, CA : Media Medicine, Inc.; 1987.

Format: Video, VHS, 1/2", (14 min.)

Source: Media Medicine, 582 Lighthouse Ave., Pacific Grove, CA 93940 (408) 375-5300

Cost: \$198 + \$6.00 shipping and handling for VHS; also available on other formats.

NAL Call No.: Videocassette no.654

Language: English

Abstract: Utilizing the setting of a TV reporter who is told that she has gestational diabetes and who then interviews a series of doctors, this videocassette presents the facts about gestational diabetes, its causes, its effects on the body and on the mother and its effects on childbirth. It also shows how to check on one's blood sugar on a daily basis. The relationship between diet, proper low-sugar nutrition and exercise in the control of gestational diabetes is also discussed.

Descriptors: Diabetes in pregnancy; Pregnancy - nutritional aspects

Appraisal: This video is an excellent presentation on all the aspects of dealing with gestational diabetes. The expectant mother is reassured that with proper care, she can have a healthy baby. The technical quality is superb. The video lacks minority representation. A group discussion following the showing could help promote comprehension of the important issues.

- 49 **Hey baby!** Minneapolis, MN :
Healthy Infant Outcome Project,
Regents of the University of Min-
nesota; 1988.

Format: Video, VHS, 1/2", (15
min., 49 sec.)

Source: University of Minnesota,
Public Health Nutrition, 420 Dela-
ware St. SE, Minneapolis, MN
55455

Cost: \$30.00; \$5.00 discount on
orders of 10 or more copies.

NAL Call No.: Videocassette
no.658

Language: English

Abstract: Presented in a video magazine style of short seg-
ments on a variety of related subjects, the videocassette
discusses the facts of weight gain during pregnancy, proper
nutrition, weight reduction during pregnancy and exercise. It
also addresses the benefits of breastfeeding for mother and
for baby.

Descriptors: Pregnancy - nutritional aspects; Breastfeeding;
Infant - nutrition

Appraisal: Clever songs and the personal testimonies lend
insight into the emotions and concerns of the pregnant
woman. This film is a multiracial presentation. The short
and entertaining segments and the repeating format (looped
eight times) would make this an excellent tool to use in a
waiting room situation. Additional details on specific foods
to eat during pregnancy could be added in group or individ-
ual education sessions.

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- 50 **Just a beginning: pre-natal care
for teens.** St. Paul, MN : St. Paul
Medical Center; 1988.

Format: Video, VHS, 1/2", (20
min.)

Source: Mondell Productions, Inc.,
5215 Homer St., Dallas, TX 75206
(214)826-3863

Cost: \$99.00 + \$7.00 shipping and
handling.

NAL Call No.: Videocassette
no.675

Language: English

Abstract: This videotape encourages pregnant teenagers to
practice healthy, responsible prenatal care. It features a
group of pregnant teenagers talking about their experiences,
concerns and fears, as well as the benefits of early prenatal
care to both themselves and their babies. The program's
host is also a pregnant teenager who demonstrates the
practical steps of good prenatal care in a professional and
personal manner.

Descriptors: Teenage pregnancy; Pregnancy - nutritional
aspects

Appraisal: The personal testimonies of pregnant teens
shown will help teenagers relate to their peers. The ap-
proach is personal and positive, the narrator is well
spoken, and speaks slowly and clearly. It is an excellent
presentation for the target audience.

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- 51 **Maternal and infant nutrition.**
Kingston, RI : Cooperative Exten-
sion Service, Expanded Food and
Nutrition Program, University of
Rhode Island; 1988.

Format: Video, VHS, 1/2", (11
min., 24 sec.)

Source: EFNEP Program, Univer-
sity of Rhode Island, 199
Promenade St., Room 213, Provi-
dence, RI 02908

Cost: \$15.00

NAL Call No.: Videocassette
no.655

Language: English

Abstract: This video program provides nutritional guidance
for expectant mothers and mothers of babies up to age one.
Mothers are shown introducing their babies to new tastes
while learning to carefully plan for a good diet. It also pro-
vides guidelines for feeding a baby up to age one.

Descriptors: Pregnancy - nutritional aspects; Infant - nutri-
tion

Appraisal: This video provides a good overview of maternal
and infant nutrition. The pace, length, and multiethnic ori-
entation make the video an excellent educational tool for
the target audience.

- 52 Mom to be: eating right for your new baby.** Auburn, AL : Alabama Cooperative Extension Service; 1988.

Format: Video, VHS, 1/2", (25 min.)

Source: Alabama Cooperative Extension Service, Information Services, Auburn University, AL 36849-5623

Cost: \$25.00

NAL Call No.: Videocassette no. 802

Language: English

Abstract: The program discusses proper nutrition for the pregnant woman by showing what types of foods to eat and how much to eat of each food group in comparison to what was eaten prior to pregnancy for both adult and teenage females. Also what to eat at fast food restaurants and how much water to drink are discussed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: The video is a comprehensive overview of the nutritive needs of pregnant women. Teenage pregnancy requirements and eating in fast food restaurants are given special consideration. There is an approximately equal mix of black and white actors with a black announcer.

- 53 Mom to be: it's O.K. to gain weight.** Auburn, AL : The Alabama Cooperative Extension Service; 1988.

Format: Video, VHS, 1/2", (19 min.)

Source: Alabama Cooperative Extension Service, Information Services, Auburn University, AL 36849-5623

Cost: \$25.00

NAL Call No.: Videocassette no. 803

Language: English

Abstract: The video discusses the proper nutrition for the mother. Subjects covered include how much weight to gain, rate of gain, how much to eat of each food group, why weight gain is better for the baby, and why a pregnant female should not diet.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This well prepared, single concept video stresses the reasons why it is okay to gain weight during pregnancy. WIC participants should identify with the setting used in the film as well as the individuals which are of varying ages and races.

- 54 Nutrición y embarazo.** [Nutrition and pregnancy] Evanston, IL : Professional Research, Inc.; 1987.

Format: Video, VHS, 1/2", (13 min.)

Source: Professional Research Inc., The Altschul Group, 930 Pitner Ave., Evanston, IL 60202 (800) 421-2363

Cost: \$295

NAL Call No.: Videocassette no. 660

Language: Spanish

Abstract: This video program discusses the importance of good nutrition during pregnancy, its effect on the baby and the increased nutritional requirements during pregnancy. It also presents what to eat to meet the increased nutritional requirements. Gestational diabetes and weight gain are also addressed.

Descriptors: Diabetes in pregnancy; Pregnancy - nutritional aspects

Appraisal: This informational video is in Spanish with English subtitles. It is suitable for a more educated Hispanic consumer.

- 55 **Nutrition: teen pregnancy.** Costa Mesa, CA : Lifecircle; 1985.

Format: Video, VHS, 1/2", 1 videocassette (VHS) (14 min.)

Source: Lifecircle, 2378 Cornell Dr., Costa Mesa, CA 92626 (714) 546-1427

Cost: \$140.00

NAL Call No.: Videocassette no.262

Language: English

Abstract: A pregnant teen teaches a friend, also pregnant, about nutrition's role in a healthy pregnancy. The fetus' development in relation to a proper diet, appropriate food choices (from each of the four food groups), water, appetite changes, nausea, meal planning, snacking, and weight gain are discussed in detail.

Descriptors: Teenage pregnancy; Pregnancy - nutritional aspects

Appraisal: Produced from a slide presentation, this video reinforces healthy eating habits. Handouts included in the instructor's guide are excellent. The food record is a check list of daily foods needed. In the video not all the faces are clear. White teens have most of the lead roles.

-
- 56 **Postpartum insight: now that I can see my feet again (Spanish title: Despues del parto. Ahora que puedo ver mis pies de nuevo).** Austin, TX: The Texas Dept. of Health, WIC Program; 1983?

Format: Slides with script, cassette, (49 slides); Video, VHS, 1/2", FNIC copy of video contains 22 segments of the series. Request title "WIC Program"

Source: Texas Dept. of Health, WIC Bureau, 1100 W. 49th St., Austin, TX 78756

Cost: Slides/tape 1 copy \$25.76; 2nd-9th copies \$12.88 each. Video 1 copy \$7.50, 2nd-27th copies \$6.50/each.

NAL Call No.: Slide no.300; Videocassette no.697; Videocassette no.696 (Spanish)

Language: English, Spanish

Abstract: This slide program discusses the six to ten week period immediately following childbirth. The following areas are covered: bleeding and cramping following delivery, care of stitches, breastfeeding, nutrition, mood swings, birth control, danger signals that indicate a doctors care is needed, sex, and the six week postpartum exam.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This excellent presentation targeted toward the WIC/CSFP audience contains accurate, well organized material and personally involves the learner. Lesson plans are comprehensive and include participant evaluation. Appropriate for pregnant women (group or individuals) in last few weeks of pregnancy. The entire series is also available from FNIC on four VHS videotapes.

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- 57 **Pregnancy and nutrition.** Timonium, MD : Milner-Fenwick; 1988.

Format: Video, VHS, 1/2", (12 min.)

Source: Milner-Fenwick Inc., 2125 Green Spring Dr., Timonium, MD 21093. (800) 432-8423

Cost: \$250 + shipping.

NAL Call No.: Videocassette no.448

Language: English

Abstract: This video recording discusses the nutritional aspects of pregnancy. Weight gain during pregnancy is discussed, specifically, how much weight should be gained, when the weight gain should occur, and of what the weight should consist. Also, morning sickness and its food cures are discussed.

Descriptors: Pregnancy - nutritional aspects

Appraisal: A well thought out film on pregnancy and nutrition. Good graphics illustrate the components of weight gain based on an average weight gain of 27 pounds. It is a high quality film but may not accurately reflect the lives of low income multicultural populations.

58 Pregnant teens: taking care.

Revised. Los Angeles, CA : Wexler Films; 1989.

Format: Video, VHS, 1/2", (22 min.)

Source: Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025-9816, (800) 334-7830 (213-207-6600 in CA)

Cost: \$325

NAL Call No.: Videocassette no.743

Language: English

Abstract: This video program discusses the importance of nutrition and early medical care during pregnancy and describes the ways in which the mother's eating habits affect the fetus as well as the risk of "casual" use of drugs, alcohol, and cigarettes during pregnancy.

Descriptors: Pregnancy - nutritional aspects; Drug abuse in pregnancy; Teenage mothers

Appraisal: The sensitive approach and practical information make this film very useful for teaching teens about nutrition and prenatal care. The two main characters, one black and one white, are followed as they learn about their pregnancies.

59 Weight, nutrition, and exercise during pregnancy. Revised edition. Evanston, IL : Professional Research, Inc; 1986.

Format: Video, VHS, 1/2", (14 min.); Video, U-matic, 3/4", (14 min.)

Source: Professional Research Inc., The Altschul Group, 930 Pitner Ave., Evanston, IL 60202 (800) 421-2363

Cost: \$295.

NAL Call No.: Videocassette no. 657 (VHS) 1986; Videocassette no. 248 (3/4" Umatic, English) 1986; Videocassette no. 824 (VHS, Spanish)

Language: English, Spanish

Abstract: Nutrition and exercise guidelines for a successful pregnancy are examined in this videotape. Physiological changes that take place during pregnancy (breast, uterus, blood volume) are described. The importance of a nutritious diet is emphasized. The following nutrients are discussed in detail: protein, carbohydrate, calcium, iron, folic acid, zinc, and fluids. The composition of the average weight gain during pregnancy is described; weight reduction is strongly discouraged for all pregnant women. Smoking, alcoholic beverages, and caffeine are advised against during pregnancy. Exercise provides relief from some problems commonly encountered by pregnant women (backache, poor circulation, fatigue, constipation, stress).

Descriptors: Pregnancy - nutritional aspects; Prenatal care; Pregnancy - nutritional aspects

Appraisal: This video summarizes appropriate weight gain, proper food choices, and suitable exercise for pregnant women. Despite the revision, the tape is older and characters look dated. In Spanish version, writing on diagrams is in English.

Breastfeeding

Overview of Breastfeeding

- 60 **Alimente a su bebé con cariño.**
[Feed your baby with love] Washington, DC : U.S. Dept. of Health and Human Services; 1989.

Format: Poster

Source: National Maternal and Child Health Clearinghouse, 38th and R Sts., NW, Washington DC 20057, (202) 625-8410

Cost: Free

NAL Call No.: Graphic no.208

Language: Spanish

Abstract: This Spanish language poster encourages mothers to breastfeed their babies. The poster states that every day more mothers are deciding to breastfeed.

Descriptors: Breastfeeding

Appraisal: This poster is an eye-catching high quality, color production of a Hispanic mom nursing her infant. There is minimal text.

-
- 61 **Breast feeding.** Elk Grove Village, IL : The American Academy of Pediatrics; 1984.

Format: Booklet

Source: South Dakota Dept. of Health, Nutrition Services, 523 E. Capital, Pierre, SD 57501

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: RJ216.B7

Reading Level: 7th grade

Language: English

Abstract: Guidelines and practical suggestions for breastfeeding a new baby are provided in this booklet. The advantages of breastfeeding are outlined and some popular misconceptions about breastfeeding are identified. The production of breast milk is explained. Guidelines are provided for 1) preparing the breasts for breastfeeding, 2) getting started with breastfeeding, 3) nursing the infant (positioning the infant, frequency of feeding, length of each nursing occasion), 4) burping the baby, and 5) weaning the infant. Step-by-step instructions are provided for manually expressing milk from the breast and for coping with hard and swollen breasts. A food guide that nursing mothers can use in menu planning is also included.

Descriptors: Breastfeeding

Appraisal: This is excellent material which gives a very general overview of the subject. Not all topics are covered sufficiently, for example, nutritionist may want to elaborate on types of meals and finger foods, and how to puree and freeze the baby food. Recipe for teething biscuit uses baby cereal.

- 62 Breast feeding.** Lincoln, NE : Nebraska Dept. of Health, Maternal and Child Health/Nutrition Division; Not dated.

Format: Pamphlet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Send self-addressed, stamped envelope for single copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.29

Reading Level: 7th grade

Language: English

Abstract: This pamphlet provides facts a nursing mother needs to know about the child's nutrition. Topics include: frequency and volume of feeding; reasons babies cry, minor problems in breastfeeding, bowel movements, and supplemental bottles.

Descriptors: Breastfeeding

Appraisal: This pamphlet covers the basic information of getting started on breastfeeding in a comprehensive, easy-to-read format with enough information for a mother to be able to overcome difficulties and doubts if she could not reach a helper immediately.

- 63 Breast feeding, baby's best start:** [Spanish title: *Dar (el) pecho, el mejor comienzo para su bebé*]. Houston, TX : Baylor College of Medicine; 1981.

Format: Booklet

Source: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995 (312) 899-1745

Cost: \$1.20/copy, catalog # 0814

NAL Call No.: RJ216.B73

Reading Level: 6th grade

Language: English, Spanish

Abstract: The benefits of breastfeeding to mother and infant and guidelines for successful breastfeeding are explored in this guide developed for the U.S. Department of Agriculture's Breastfeeding Education Program. A suggested feeding guide shows how long and how often to feed the infant every day from birth until the first check-up. Guidelines are provided for determining whether or not the infant is getting enough to eat. Additional topics include breastfeeding during illness, nutritional needs during breastfeeding, and the need for birth control to prevent conception during breastfeeding.

Descriptors: Breastfeeding

Appraisal: This booklet is good for use in English/Hispanic neighborhoods since text is in both English and Spanish. It covers the basics of breastfeeding in a simple, easy style.

- 64 Breast milk: the best food you can give your baby.** Sacramento, CA : California Dept. of Health Services, WIC Supplemental Food Section; Not dated.

Format: Poster

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copies free

NAL Call No.: Graphic no.190

Language: English

Abstract: This poster depicts a mother breastfeeding her child and expresses its message with the words, "Breast milk, the best food you can give your child."

Descriptors: Breastfeeding

Appraisal: The mother and nursing child shown on the poster are of indiscernible ethnicity. The idea of promoting breastfeeding is very clear, but the poster is not very eye-catching due to the lack of color and gloss.

- 65 **Breastfed babies-- are happy, grow so well, smell so good, let mom rest.** Raleigh, NC : Dept. of Environment, Health, and Natural Resources, WIC Section; 1989.

Format: Poster

Source: Dept. of Environment, Health, and Natural Resources, WIC Section, P.O. Box 27687, Raleigh, NC 27611

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: Graphic no.213

Language: English

Abstract: This poster illustrates four reasons for breastfeeding babies.

Descriptors: Breastfeeding

Appraisal: The color photographs and inclusion of pictures of different family members and positive images approach make this an appealing piece for promoting breastfeeding.

- 66 **Breastfeeding.** Sacramento, CA : WIC Supplemental Food Section; 1987.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$30/100 copies.

NAL Call No.: TX361.W55W52 v no.278

Reading Level: 6th grade

Language: English, Spanish

Abstract: This pamphlet discusses various aspects of breastfeeding and provides basic information about infant feeding. Topics include: why breastfeeding is desirable, preparing for breastfeeding, how to breastfeed, and hand expression of breast milk. Several short answers are given to common questions about breastfeeding.

Descriptors: Breastfeeding

Appraisal: This easy, well organized, attractive flip chart format with identifying illustration will appeal to all ethnic groups. There are two points of misinformation which need clarification: rubbing nipples during pregnancy to toughen them up is no longer recommended, and fresh breast milk can be stored for 48 hours before use. The Spanish version has a few errors and appears to be translated literally in some places. Adapted version (English language only) is also available from the Tri-County Health Department.

- 67 **Breastfeeding: a handbook for new mothers.** Milwaukee, WI : Teen Pregnancy Service of Milwaukee; Not dated.

Format: Pamphlet

Source: Teen Pregnancy Service of Milwaukee, 2040 W. Wisconsin Ave., Suite 350, Milwaukee, WI 53233

Cost: \$2.00 for 1-50 copies, \$1.75 for 51-100 copies, \$1.50 for 100+ copies.

NAL Call No.: TX361.W55W52 no.182

Reading Level: 5th grade

Language: English

Abstract: This pamphlet provides a variety of information about breastfeeding. Topics include: preparing for breastfeeding, comfortable positions for breastfeeding, helping the baby take the nipple, nipple care, expressing and storing breastmilk, and weaning.

Descriptors: Breastfeeding

Appraisal: This is an attractive, purse sized booklet which is an excellent resource for the new breastfeeding mom. The only drawbacks are the failure to mention common problems with introduction of formula and an illustration showing the cigarette hold during breastfeeding. It has a handy table of contents to locate specific topics related to getting breastfeeding off to a good start, returning to work, weaning, and a sample meal plan. This booklet would appeal to all age groups.

- 68 Breastfeeding basics: easy-to-read, easy-to-use directions for the breastfeeding mother.** Worth, Cecilia. New York, NY : McGraw-Hill; 1983.

Format: Book

Source: McGraw-Hill, P.O. Box 408, Princeton Rd., Hightstown, NJ 08520

Cost: \$14.95 + shipping and handling.

NAL Call No.: RJ216.W64 F&N C-2561

Reading Level: 7th grade

Language: English

Abstract: Ways to breastfeed are provided for mothers. Advice includes: how to prepare for breastfeeding and get started, and how to cope with problems (afterbirth pains, nipple problems, working at night, and baby's sleepiness and fussiness). Illustrations are candid and reinforce the materials presented; the print is large.

Descriptors: Breastfeeding

Appraisal: An easy-to-read primer on breastfeeding. Ideal for a lending library or to recommend to a client who wants more information on breastfeeding.

- 69 Breastfeeding fact sheets.** Seattle, WA : Seattle-King County Dept. of Public Health; 1988.

Format: Other

Source: Seattle-King County Dept. of Public Health, 110 Prefontaine Ave. South, Suite 500, Seattle, WA 98104

Cost: \$.10/copy + 15% postage and handling. WA residents add 8.1% sales tax. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.216

Reading Level: 8th grade

Language: English

Abstract: Each of the 23 fact sheets in this set discusses a topic involved with breastfeeding and gives helpful advice concerning that topic. Subjects include: reasons for breastfeeding, breastfeeding positions, attachment, treating sore nipples, common problems, expressing milk, flat or inverted nipples, weaning, breastfeeding and sexuality, breastfeeding and your partner, and breastfeeding the preterm baby.

Descriptors: Breastfeeding

Appraisal: The fact card format is useful to staff because only one subject is introduced at a time and they can be distributed at monthly clinic visits, or tailored to the individual's needs. The colored, heavy paper, and illustrations are attractive and reflect different lifestyles, minorities, and paternal support.

- 70 Breastfeeding-- for all the right reasons.** Indianapolis, IN : Indiana State Board of Health; 1988.

Format: Poster

Source: Indiana State Board of Health, 1330 W. Michigan St., P.O. Box 1964, Indianapolis, IN 46206-1964

Cost: Single copy free.

NAL Call No.: Graphic no.223

Language: English

Abstract: This set of 3 posters emphasizes the benefits of breastfeeding for the mother while also briefly listing the benefits to the baby. All posters include the toll free phone number of the Indiana Breastfeeding Promotion Project.

Descriptors: Breastfeeding

Appraisal: This set of three colorful posters on heavy glossy paper are very appealing and eye-catching. Posters can be ordered customized with an agency's logo and phone number. Pictures featured on posters are very positive multi-ethnic role models. There is an 800 number on posters for a Health Referral Service that can only be used within Indiana.

- 71 Breastfeeding for all the right reasons.** Indianapolis, IN : Indiana State Board of Health, Indiana Breastfeeding Promotion Project; Not dated.

Format: Pamphlet

Source: Indiana State Board of Health, 1330 W. Michigan St., P.O. Box 1964, Indianapolis, IN 46206-1964

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.273

Language: English

Abstract: This folded sheet encourages mothers to breastfeed their infants for several reasons: to give the baby a healthy start, to help the mother lose weight after birth, to save money, and to avoid the heating and cleaning of baby's milk bottles.

Descriptors: Breastfeeding

Appraisal: Most advantages of breastfeeding are included in this very colorful, attractive material. There is a picture of a white working mother, and all the other photographs are of middle class black and white parents. Also available in poster format.

- 72 Breastfeeding, getting started.** Pittsburgh, PA : Nutrition Services/WIC Program, Allegheny County Health Dept.; 1986.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: Single copy free. May reproduce with credit given to agency.

NAL Call No.: TX361.W55W52 no.240

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides information about starting the breastfeeding process. Topics include: the first feeding, different nursing positions, frequency of nursing, what to expect in the first few weeks, and how to tell if the baby is getting enough.

Descriptors: Breastfeeding

Appraisal: All essential topics are covered except importance of getting support from others. The print is small and dark and can be seen easily through the thin paper. This is appropriate for handing out at the last prenatal visit to WIC/CSFP office. Reader is encouraged to call WIC following delivery.

- 73 Breastfeeding Series.** Butte, MT : Renewable Technologies, Community Nutrition Division; 1986.

Format: Single sheet

Source: Community Nutrition, RTI, 630 Utah St., P.O. Box 4113, Butte, MT 59702 (406) 782-2386

Cost: \$5.00/50 copies, \$9.00/100 copies, \$8.00/100 copies for orders over 1000 (may be an assortment of brochures), + shipping/handling of 15% (min. \$2). Orders less than \$20.00 should be prepaid.

NAL Call No.: TX361.W55W52 no.191,224-235

Language: English

Abstract: Sheets in the series provide information on whether or not to breastfeed, techniques to use when breastfeeding, assessing milk supply of the mother, returning to work or school while breastfeeding, breast and nipple care, rapid weaning, how to breastfeed with flat or inverted nipples, and introduction of bottle feeding.

Descriptors: Breastfeeding

Appraisal: A fine series on breastfeeding, but appropriate for participants with higher educational levels. Solid information, but too much crammed onto a single sheet of paper. The series is not illustrated. Appropriate to have series on hand for staff and professionals to use with clients. Reading levels range from 5th to 11th grade.

- 74 Breastfeeding your baby: why should you consider it?** Ithaca, NY : Tomkins County WIC; 1989.

Format: Single sheet

Source: Tompkins County WIC, 401 Harris B. Dates Dr., Ithaca, NY 14850-1386

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.68

Reading Level: 6th grade

Language: English

Abstract: This sheet discusses the benefits of breastfeeding to mom and her baby.

Descriptors: Breastfeeding

Appraisal: This eye-catching sheet lists reasons with explanations on benefits of breastfeeding. There is a lack of minority groups in illustrations. Name and phone number of the WIC agency that developed the sheets would need to be blocked out for use by other agencies.

- 75 Breastfeeding your new baby.** Boston, MA : Massachusetts WIC Program; 1986.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered.

NAL Call No.: TX361.W55W52 no.193

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses breastfeeding topics such as: frequency and length of feeding, variety of breastfeeding positions, growth spurts, sore nipples, and engorgement.

Descriptors: Breastfeeding

Appraisal: Good information on the main problems of getting started with breastfeeding. However, there are some inaccurate statements on the number of wet diapers and the number of bowel movements to expect from the baby. The piece may also lead some women to think the entire areola should fit in the baby's mouth.

- 76 Can breastfeeding become the cultural norm?** Gotsch, Gwen. Franklin Park, IL : La Leche League International; 1989.

Format: Pamphlet

Source: La Leche League International, 9616 Minneapolis Ave., P.O. Box 1209, Franklin Park, IL 60131-8209 (612) 455-7730

Cost: \$.50/copy, \$2.50/10 copies, \$22.50/100 copies, \$100/500 copies.

NAL Call No.: TX361.W55W52 no.179

Reading Level: 5th grade

Language: English

Abstract: This pamphlet addresses the issue of establishing breastfeeding as the cultural norm in the United States, Canada, and in developing nations. The practice of discreetly breastfeeding an infant in public places is described and advocated.

Descriptors: Breastfeeding

Appraisal: Despite the low reading level, there is too much straight uninterrupted reading for poor readers. The pamphlet is an interesting motivational tract designed to empower women to breastfeed long term and in public without shame. It is most appropriate for mothers already breastfeeding and motivational for someone debating whether or not to breastfeed. No minority women pictured.

- 77 **Common questions about breastfeeding.** Revised. Augusta, ME : Maine Dept. of Human Services; 1988.

Format: Pamphlet

Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333

Cost: Single copy free. \$.15/copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.204

Reading Level: 7th grade

Language: English

Abstract: Written in the question and answer format, this pamphlet discusses common concerns about breastfeeding. Topics include: mother's diet, breast care, feeding schedules, and advantages of breastfeeding.

Descriptors: Breastfeeding

Appraisal: This very comprehensive, attractive pamphlet which covers a wide scope of breastfeeding information in a question and answer format. Where appropriate, the mother is referred to professional help for specific situations, such as inverted nipples. This large amount of material is presented clearly with large topic headings.

- 78 **Does breastfeeding take too much time?** Gotsch, Gwen. Franklin Park, IL : La Leche League International; 1989.

Format: Pamphlet

Source: La Leche League International, 9616 Minneapolis Ave., P.O. Box 1209, Franklin Park, IL 60131-8209 (612) 455-7730

Cost: \$.50/copy; \$2.50/10 copies; \$22.50/100 copies; \$100/500 copies.

NAL Call No.: TX361.W55W52 no.178

Reading Level: 7th grade

Language: English

Abstract: This pamphlet discusses the personal feelings of breastfeeding mothers related to the time it takes to care for an infant. The author makes suggestions about how to select tasks that will provide a sense of accomplishment while allowing time to care for the baby. The importance of parenthood and the long-range accomplishments being achieved by providing attentive child care during infancy and early childhood are emphasized.

Descriptors: Breastfeeding

Appraisal: A wonderful pamphlet that every pregnant woman and new mother should read to give her clear insight into the reality of being a mother along with practical suggestions for coping with baby and everything else in life. It does not contain photos of minority women and babies. Issues low-income women face, such as developing a helpful support system, are not addressed.

- 79 **A guide to breast feeding.** Des Moines, IA : Iowa WIC Program, Iowa Dept. of Public Health; Not dated.

Format: Pamphlet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: \$.20/copy. Send mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.80

Reading Level: 6th grade

Language: English

Abstract: This pamphlet provides basic information on breastfeeding. Topics include: putting baby to the breast; breast care; when to feed; is baby getting enough to eat?; how many dirty diapers?; mother's diet; avoiding cigarettes, alcohol and drugs; and sources of assistance.

Descriptors: Breastfeeding

Appraisal: This clear, concise booklet talks about getting started with breastfeeding. One disadvantage is that all nursing drawings show exposed breast with no mention of the ability to nurse discreetly. Another shortcoming is the emphasis placed on washing breasts with water after each feeding which is not necessary or recommended. Various ethnic groups are depicted in the mother/baby dyads. This booklet is an adaptation of "Breastfeeding: Baby's Best Start" produced by Baylor College of Medicine. A Spanish version may be available from the source in the future.

- 80 Have you thought about breastfeeding for your baby?-- ask your nurse or doctor about it.**
Columbus, OH : The Breastfeeding Promotion Project, Ohio State University; Not dated.

Format: Poster

Source: Ohio State University, Breastfeeding Promotion Project, 456 W. 10th Ave., Columbus, OH 43210-1228

Cost: \$2.00

NAL Call No.: Graphic no.228
black mother; Graphic no.227
white mother

Language: English

Abstract: This poster is designed to interest expectant mothers in breastfeeding and to suggest some sources of information about breastfeeding.

Descriptors: Breastfeeding

Appraisal: Set contains two posters--one depicts a white woman feeding her baby, the other a black woman. Text refers women considering breastfeeding to consult their nurse or doctor. Pictures are black and white on pink paper.

- 81 Have you thought about breastfeeding your baby?**
Manchester, NH : New Hampshire Division of Public Health Services, Bureau of WIC Nutrition Services; 1989.

Format: Pamphlet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: May reproduce with prior notification. Single copy free with self-addressed, stamped envelope.

NAL Call No.: TX361.W55W52
no.238

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses reasons why it is beneficial to breastfeed and briefly answers some questions that mothers might have about breastfeeding.

Descriptors: Breastfeeding

Appraisal: Attractive tri-fold handout which provides thoughtful reasons for breastfeeding, including the fact that breastfeeding is the natural conclusion to the pregnancy-birth cycle.

- 82 Helpful hints for the nursing mother.** Columbus, OH : Ohio State University Breastfeeding Promotion Project; 1986.

Format: Pamphlet

Source: Ohio State University, Breastfeeding Promotion Project, 456 W. 10th Ave., Columbus, OH 43210-1228

Cost: Single copies free. \$20/100 copies.

NAL Call No.: TX361.W55W52 no.294

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides basic information for nursing mothers.

Descriptors: Breastfeeding

Appraisal: This pamphlet contains good factual material with useful ideas and answers to common questions about breastfeeding. Different ethnic groups are displayed in the line drawings which illustrate this pamphlet.

- 83 Mothers & fathers, have you thought about breast-feeding?** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services ; WIC Program, Sutter County Health Dept; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814. Punjabi version available from: Sutter County Health Dept., WIC Program

Cost: Single copy free. Send self-addressed stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.106a-e

Reading Level: 5th grade

Language: English, Punjabi, Chinese, Vietnamese, Spanish

Abstract: This pamphlet encourages breastfeeding and provides several reasons why breastfeeding is desirable. Several common questions about breastfeeding are answered.

Descriptors: Breastfeeding

Appraisal: This pamphlet is a quick and easy introduction to the advantages of breastfeeding. Message is conveyed as much by the pictures as the words. Several ethnic groups pictured.

- 84 Mothers are very special.** Butte, MT : Renewable Technologies, Inc., Community Nutrition Division; 1986.

Format: Poster

Source: Community Nutrition, RTI, 630 Utah St., P.O. Box 4113, Butte, MT 59702 (406) 782-2386

Cost: \$6.50 includes shipping and handling. \$4.00 each/2-5 posters + 4.50 shipping; \$3.50 each/6-10 posters + 6.50 shipping; \$3.00 each/11-20 posters + \$8.50 shipping.

NAL Call No.: Graphic no.211

Language: English

Abstract: This poster is intended to encourage women to breastfeed their babies. The advantages of breastfeeding and breast milk are listed. The poster includes the U.S. Surgeon General's recommendation that the majority of women breastfeed at hospital discharge and continue for six months.

Descriptors: Breastfeeding; Infant - nutrition

Appraisal: Black and white picture shows woman breastfeeding her baby. Text is informative, but the print is small. Good reasons to breastfeed are offered. U.S. Surgeon General's recommendations concerning breastfeeding are outdated.

- 85 Pregnant? Think about breastfeeding now!** Pittsburgh, PA : Nutrition Services/WIC Program, Allegheny County Health Dept; 1986.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: Single copy free. May reproduce with credit given to agency.

NAL Call No.: TX361.W55W52 no.222

Reading Level: 5th grade

Language: English

Abstract: This folded sheet encourages pregnant women to consider breastfeeding and discusses the advantages of breastfeeding for mother and child.

Descriptors: Breastfeeding

Appraisal: The overview of breastfeeding advantages is simple and concise. The paper is thin and the pamphlet does not stimulate interest.

- 86 Successful breastfeeding, a family experience.** Columbus, OH : Ohio State University Breastfeeding Promotion Project; 1987.

Format: Pamphlet

Source: Ohio State University, Breastfeeding Promotion Project, 456 W. 10th Ave., Columbus, OH 43210-1228

Cost: Single copy free. \$20.00R 221/100 copies.

NAL Call No.: TX361.W55W52 no.290

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the roles that family members play when a mother is breastfeeding a baby.

Descriptors: Breastfeeding

Appraisal: This folded sheet presentation gives realistic approach to family members supporting a nursing mother. This sheet contains many grammatical errors.

87 Thinking about breastfeeding?

Boston, MA : Massachusetts WIC Program, Nutrition Education Task Force; 1988.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language desired.

NAL Call No.: TX361.W55W52 no.107a-d

Reading Level: 5th grade

Language: English, Spanish, Portuguese, Cambodian

Abstract: This pamphlet answers questions about breastfeeding such as: Will I have enough milk?, Can I breastfeed and bottlefeed?, and what happens when I smoke or drink alcohol? It also lists advantages to the baby and to the breastfeeding mother.

Descriptors: Breastfeeding

Appraisal: Appealing approach of having baby address mother to get her to consider breastfeeding. Easy-to-read question and answer format that covers most common concerns and a daily food guide is listed on the back page for quick referral.

88 What does your business have in common with a breastfed baby?:

[you both rely on a working mother]. Indianapolis, IN : Indiana State Board of Health; Not dated.

Format: Pamphlet

Source: Indiana State Board of Health, 1330 W. Michigan St., P.O. Box 1964, Indianapolis, IN 46206-1964

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.288

Reading Level: 9th grade

Language: English

Abstract: This pamphlet describes the advantages to the employer of supporting breastfeeding workers and what the employer should do to assist breastfeeding mothers on their staffs.

Descriptors: Breastfeeding

Appraisal: This attractive pamphlet contains interesting, helpful information for employers of breastfeeding women. This excellent material may be a useful component to a community wide breastfeeding promotion campaign, though Indiana resource phone numbers are given. This is a companion piece to the "Breastfeeding for all the right reasons" pamphlet.

- 89 When you breastfeed your baby: helpful hints for the early weeks.** Rev. Reis, Joyce Good. Franklin Park, IL : La Leche League International; 1983.

Format: Booklet

Source: La Leche League International, 9616 Minneapolis Ave., P.O. Box 1209, Franklin Park, IL 60131-8209 (612) 455-7730

Cost: \$.50/copy; \$2.50/10 copies; \$22.50/100 copies; \$100/500 copies.

NAL Call No.: RJ216.R44 1983

Reading Level: 7th grade

Language: English

Abstract: Helpful hints for breastfeeding confidently and successfully are offered in this introduction to breastfeeding. Benefits of breastfeeding to mother and infant are described. The importance of nursing often and as soon as possible after birth is emphasized. Guidelines are provided for 1) starting and ending each feeding period, 2) hand-expressing milk from the breast, 3) nipple care, and 4) maintaining an adequate supply of milk. Additional topics that are explored include normal bowel movements, night feedings, excessive sleeping, the "fussy" baby, and the introduction of solid foods. Sources of additional information and solutions to some commonly encountered problems are provided.

Descriptors: Breastfeeding

Appraisal: The ideas and statements in the material are great in providing reassurance to the new mother of what is important and that the problems are not insurmountable. The text is a bit lengthy with very few photographs. Reader is encouraged to locate a La Leche League Group and leader but no other support persons are mentioned such as family, friends, etc.

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- 90 WIC cares for the good of our children: feed your baby the traditional way : breastfeeding help book.** Oklahoma City, OK : Cherokee Nation of Oklahoma, Women, Infants and Children Program, Breastfeeding Project; 1989.

Format: Flip chart

Source: Cherokee Nation, WIC Program, P.O. Box 948, Tahlequah, OK 74465

Cost: \$16.00 + \$2.40 shipping.

NAL Call No.: RJ216.W52

Reading Level: 4th grade

Language: English

Abstract: This breastfeeding "help book" illustrates and encourages breastfeeding. Photographs and text are used to instruct new mothers about how to breastfeed, making sure the baby is ready, and various positions.

Descriptors: Breastfeeding

Appraisal: The positive approach to explaining breastfeeding techniques and the actual full color photographs of "do's and don'ts" make this flip chart an excellent teaching tool. Although it was created for Native American populations, it would be appropriate to use with other ethnic groups as well.

- 91 **The Womanly art of breastfeeding.** 4th revised edition/ Judy Tor-gus]. Franklin Park, IL : La Leche League International; 1987.

Format: Book, 422

Source: La Leche League International, 9616 Minneapolis Ave., P.O. Box 1209, Franklin Park, IL 60131-8209 (612) 455-7730

Cost: \$8.95

NAL Call No.: RJ216.W58 1987

Reading Level: 7th grade

Language: English

Abstract: This book provides a total guide to infant and child care with new information for fathers and working mothers. This comprehensive guide emphasizes breastfeeding and includes such topics as: how to recognize and overcome common breastfeeding problems; how to express and store breast milk; how to breastfeed even if you return to work; why breast milk is the best nourishment for babies; and life as a family.

Descriptors: Breastfeeding

Appraisal: For the pregnant or lactating woman who desires comprehensive information about breastfeeding, this is an excellent book to recommend. It is also a good reference book for a nutritionist or lactation consultant. The mothers' testimonies, personal writing approach and supportive photographs are especially appealing attributes.

- 92 **Wondering what is the best food for your baby? : try breastfeeding.** Columbus, OH : Ohio State University Breastfeeding Promotion Project; 1986.

Format: Pamphlet

Source: Ohio State University, Breastfeeding Promotion Project, 456 W. 10th Ave., Columbus, OH 43210-1228

Cost: Single copies free.
\$20.00/100 copies.

NAL Call No.: TX361.W55W52
no.293

Reading Level: 10th grade

Language: English

Abstract: This folded sheet describes reasons why breastfeeding is desirable for babies and mothers. Negative myths about breastfeeding are discussed.

Descriptors: Breastfeeding

Appraisal: The information is good, but the presentation is weak. It doesn't engage the reader and is not clearly presented for low literacy clients. Negative perceptions about breastfeeding are identified and dispelled in a positive manner.

- 93 **Yes, I want to breastfeed!** (Spanish title: ¡Sí, yo quiero lactar a mi bebé!). Sacramento, CA : Reproduced by WIC Supplemental Food Section; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.217a-b

Reading Level: 5th grade

Language: English, Spanish

Abstract: This folded sheet reviews several steps that should be taken in preparation for breastfeeding. Steps which should be taken before birth as well as actions to be taken at the initiation of breastfeeding are presented.

Descriptors: Breastfeeding

Appraisal: An overview of the steps for how to breastfeed are covered in this handout. A space for the name and phone number of a support person is included on the front of the pamphlet.

Dietary Guidance During Breastfeeding

- 94 An easy diet for breastfeeding mothers.** Sandwich, MA : Health Education Associates, Inc.; 1988.

Format: Pamphlet

Source: Health Education Associates, 6 San Sebastian Way, Sandwich, MA 02563, (508) 888-8044

Cost: \$.50/copy. Send self-addressed envelope. Discounts available for multiple copies.

NAL Call No.: TX361.W55W52 no.19

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides information about proper diet and nutrition for nursing mothers. Foods from each of the four food groups are recommended so that proper amounts of various nutrients are consumed. It is strongly suggested that caffeine, alcohol, and nicotine be completely avoided.

Descriptors: Breastfeeding

Appraisal: The conversational writing style keeps the reader's attention. Much of the pamphlet is devoted to reviewing foods and beverages that may or may not upset the baby's digestive tract, rather than a lactation diet per se.

- 95 Good eating for breastfeeding moms.** Columbus, OH : Ohio State University Breastfeeding Promotion Project; 1986.

Format: Pamphlet

Source: Ohio State University, Breastfeeding Promotion Project, 456 W. 10th Ave., Columbus, OH 43210-1228

Cost: Single copy free. \$20/100 copies.

NAL Call No.: TX361.W55W2 no.187

Reading Level: 5th grade

Language: English

Abstract: This folded sheet discusses the proper diet for a breastfeeding mother. A balanced diet including items from the four basic food groups is recommended in addition to eight large glasses of fluid each day. Consuming two extra small meals besides breakfast, lunch, and dinner is also suggested.

Descriptors: Breastfeeding

Appraisal: The food guide is brief. It does not include recommended number of servings, serving sizes, or a meal plan. A list of nutritious snack ideas is provided.

Problems During Breastfeeding

- 96 Breastfeeding problems can be avoided.** Sandwich, MA : Health Education Associates; 1988.

Format: Pamphlet

Source: Health Education Associates, 6 San Sebastian Way, Sandwich, MA 02563, (508) 888-8044

Cost: \$.35/copy. Send self-addressed stamped envelope.

NAL Call No.: TX361.W55W52 no.177

Reading Level: 6th grade

Language: English

Abstract: The object of this folded sheet is to help mothers avoid breastfeeding problems and enjoy the breastfeeding experience. Topics include: avoiding painful nipples, breast care, nursing frequency, different positions for nursing, engorgement, flat and inverted nipples, and avoiding plugged ducts and breast infections.

Descriptors: Breastfeeding

Appraisal: The multifold format makes finding specific topics awkward but the excellent information on the most common problems of breastfeeding makes this sheet a very handy reference. It does not include any racial minorities in its photos. The small print and large amount of material may make it difficult to read for low literacy clients.

- 97 Breastfeeding success for working mothers.** Grams, Marilyn. Carson City, NV : National Capital Resources; 1985.

Format: Book

Source: Achievement Press, P.O. Box 608, Sheridan Way, WY 82801 (307) 672-8475

Cost: \$15.00

NAL Call No.: RJ216.G68

Reading Level: 8th grade

Language: English

Abstract: This book provides practical, detailed information concerning how to breastfeed, especially for mothers who plan to continue working while breastfeeding. Written in a conversational, informal style, this publication discusses basic questions about breastfeeding and managing life with a baby. Topics include: basic methods of nursing, returning to work, saving milk, managing time, and weaning.

Descriptors: Breastfeeding

Appraisal: Using herself as an example, Dr. Grams writes a practical guide for breastfeeding while returning to work. The basic theme is options for finding one's own breastfeeding comfort zone. Numerous personal examples make this an easy-to-read book.

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- 98 Expressing and storing breast milk.** Denver, CO : Colorado Dept. of Health, Nutrition Services; 1986.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.77

Reading Level: 6th grade

Language: English

Abstract: This folded sheet explains how to express milk for storage by hand expression or with a breast pump. Drawings accompany the written instructions. Suggestions for storing milk are also provided.

Descriptors: Breastfeeding

Appraisal: Although this piece offers concise instructions and good information about expressing milk, it fails to mention breast massage and relaxation for let down and gives no time references for frequency of expressing and length of each feeding. Because it covers storage of breastmilk well, this is a valuable sheet of information which health care providers can personalize.

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- 99 How to avoid sore nipples.** Smith, Frances Hall. Lancaster, NH : Coos County Health Dept., WIC Program; 1989.

Format: Single sheet

Source: Coos County Health Dept., Courthouse, Coquille, NH 97423

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.81

Reading Level: 6th grade

Language: English

Abstract: This sheet provides guidelines to avoid sore nipples from breastfeeding, how to treat sore nipples, guidelines for a good milk supply, and how to tell if your baby is getting enough milk.

Descriptors: Breastfeeding

Appraisal: These typed guidelines are good references for a new mother to review and refer back to after her baby is born because the basics of established nursing are covered in clear language. It mentions some specific items many guidelines miss, such as waiting one month before giving a bottle, and times of infant growth spurts.

- 100 A Mother's handbook: combining breastfeeding with work or school** (Spanish title: *Manual para una madre, combinando dar el pecho con el trabajo o el estudio*). Second revised edition. Madison, WI : Wisconsin Nutrition Project; 1983.

Format: Booklet

Source: Wisconsin Nutrition Project, 1045 E. Dayton St., Room 204, Madison, WI 53703

Cost: \$.50/copy for 1-9 copies; \$.45/copy for 10+ copies.

NAL Call No.: RJ216.M6 1983; RJ216.M62 (Spanish)

Reading Level: 10th grade

Language: English, Spanish

Abstract: This booklet provides practical advice on how to adequately prepare both mother and infant for the return to work or school while breastfeeding. Answers are provided to some commonly asked questions about producing enough breast milk while away from the infant, feeding the infant, dietary needs of the breastfeeding woman, and concerns such as engorgement, leaking breasts, and sore nipples. Recommendations and practical suggestions are given for collecting and storing breast milk.

Descriptors: Breastfeeding

Appraisal: A very comprehensive accurate booklet to guide a new mother through the logistical problems of working or going to school and breastfeeding. Since it requires a 10th grade reading level a counselor could highlight more specific areas of need for each client when giving her the booklet. Excellent section on collecting, and storing breast milk. Useful guide for health agency staff members as well.

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- 101 Practical hints for working and breastfeeding.** Franklin Park, IL : La Leche League International; 1983.

Format: Booklet

Source: La Leche League International, 9616 Minneapolis Ave., P.O. Box 1209, Franklin Park, IL 60131-8209 (612) 455-7730

Cost: \$.50/copy; \$2.50/10 copies; \$22.50/100 copies; \$100/500 copies.

NAL Call No.: RJ216.P73

Reading Level: 9th grade

Language: English

Abstract: This instructional booklet discusses the personal expression of breast milk by working mothers for subsequent feeding to their infants. These instructions cover guidelines on how to save breast milk, how to collect breast milk by hand expression or using a manual breast pump, when and where to pump, and how to feed the expressed milk to the infant. Specific tips for baby sitters for feeding infants expressed breast milk are included. Practical nutritional and health hints to aid the working nursing mother are appended.

Descriptors: Breastfeeding

Appraisal: This is a very helpful booklet for working, nursing mothers. The print is small and the paper is thin. The back page is devoted to information about the La Leche League.

- 102 To the father of the breastfed baby.** Thomas, Mary-Ellen. Minneapolis, MN : International Childbirth Education Association; Not dated.

Format: Pamphlet

Source: International Childbirth Education Association, Inc., P.O. Box 20048, Minneapolis, MN 55420-0048

Cost: \$.12/copy. Quantity discount available.

NAL Call No.: TX361.W55W52 no.79

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides information about breastfeeding to fathers of breastfeeding infants and makes suggestions about how the father can assist in breastfeeding. The advantages of breastfeeding are discussed and actions the father can take in advocating breastfeeding are mentioned.

Descriptors: Breastfeeding

Appraisal: This excellent handout for the pregnant woman's partner contains honest, specific information about the relationship between sex and breastfeeding. A black father and baby are depicted in the cover drawing.

Breastfeeding Audiovisuals

- 103 The ABC's of breastfeeding.** Costa Mesa, CA : Lifecircle; 1987.

Format: Video, VHS, 1/2", (30 min.)

Source: Lifecircle, 2378 Cornell Dr., Costa Mesa, CA 92626 (714) 546-1427

Cost: \$69.95

NAL Call No.: Videocassette no.662

Language: English

Abstract: This videotape offers very educational answers and visual techniques to best help the nursing mother to enjoy the nursing experience. The techniques displayed are universally accepted and endorsed by many breastfeeding clinics and lactation consultants. The video is color coded to assist in finding the exact areas of the tape one wishes to see. An actual birthing/beginning breastfeeding sequence is also presented.

Descriptors: Breastfeeding

Appraisal: This lengthy video covers many topics but several major issues were not discussed such as diet and where to get support and concerns that new mothers have. Very helpful suggestions are provided for nighttime feedings and burping. Too much time is spent on discussing sore nipples and massaging breasts.

-
- 104 Breast feeding.** Costa Mesa, CA : Lifecircle; 1984.

Format: Video, VHS, 1/2", (26 min.)

Source: Lifecircle, 2378 Cornell Dr., Costa Mesa, CA 92626 (714) 546-1427

Cost: \$155

NAL Call No.: Videocassette no.664

Language: English

Abstract: Easy to understand anatomy, physiology and psychology of breastfeeding. Covers preparation of the nipples and breasts prior to birth. Includes all aspects of breastfeeding and problem-solving techniques. It is designed to provide expectant parents and professionals with specific, detailed breastfeeding information and techniques.

Descriptors: Breastfeeding

Appraisal: The material is thorough, but concepts are presented at a rapid pace that does not facilitate easy comprehension for target audience. There are many technical terms and several disputable points (recommends use of nipple cream for some and use of "little or no soap" on nipples). This is a slide show that has been converted to video.

105 Breast feeding techniques that work! Pasadena, CA : Frantz, Kittie; 1986.

Format: Video, VHS, 1/2", (64 min.)

Source: Kittie Frantz, 47 Congress St., Pasadena, CA, 91105

Cost: \$39.95 for each volume.

NAL Call No.: Videocassette no.64 (vols. 1-6)

Language: English

Abstract: Volume 1 demonstrates how to position the baby to avoid nipple soreness. Volume 2 explains how to breastfeed in bed in a position that is comfortable for both mother and infant. Volume 3 demonstrates how a mother who has delivered by cesarean section can breastfeed without having the pressure of the infant's weight on her abdomen. Volume 4 discusses burping techniques. Volume 5 relates how fifteen women manage their working, pumping, nursing, and family life aspects. Volume 6 is a step-by-step instruction on how to hand express milk.

Descriptors: Breastfeeding; Infant - nutrition

Appraisal: This videotape is a sensitive and comprehensive series on breastfeeding techniques. Each video averages 15 minutes in length with the exception of volume 5 on working mothers which is 55 minutes in length. In general, each volume has a background section presented in a classroom/lecture format followed by an illustration of techniques with a breastfeeding mother. Due to the format, this series might be best used in a hospital based WIC/CSF Program. It would be an excellent tool to use for training peer counselors to work with breastfeeding mothers. The target audience is white middle class populations. Volume 5 is a group discussion with working mothers and their babies. Unfortunately, this video series is too long and fussy babies distract from the audio portion.

106 Breastfeeding: the art of mothering. Port Washington, N.Y : Alive Productions; 1987.

Format: Video, VHS, 1/2", (40 min.)

Source: Alive Productions Limited, P.O. Box 72, Port Washington, NY 11050

Cost: \$39.95

NAL Call No.: Videocassette no. 428

Language: English

Abstract: This videocassette and book provide a clear, concise, guide to breastfeeding. Based on the needs identified by nursing mothers and health professionals, the program covers all of the common concerns of the breastfeeding mother. Topics include: beginning breastfeeding, breastfeeding positions, handling of the production, etc.

Descriptors: Breastfeeding

Appraisal: This video contains good information on the advantages of breastfeeding, nutritional concerns, and expressing milk. The length of the video (40 minutes) will make it difficult to effectively use this film in some WIC clinics. It pictures very little ethnic diversity.

- 107 Breastfeeding for healthy mothers, healthy babies.** Tampa, FL : Best Start; 1990.

Format: Video, VHS, 1/2", (50 min.)

Source: Best Start, P.O. Box 14309, Tampa, FL 33690

Cost: Call 800-277-4975 for prices.

NAL Call No.: Videocassette no.870

Language: English

Abstract: The goal of this video, training package is to enhance the health care provider's ability to promote breastfeeding among economically disadvantaged women. The video "For All The Right Reasons," features testimonials from focus group participants and is designed to encourage women to breastfeed. There is also a video which has four, 30 second television PSAs about the most common barriers to breastfeeding. A training manual and motivational video for WIC staff are also available.

Descriptors: Breastfeeding

Appraisal: The pamphlets, posters, and BEST START "For All The Right Reasons" video were evaluated. The pamphlets are easy-to-read and address the concerns of women considering breastfeeding. Adding some graphics or different type sizes would make them more appealing. The posters would be more attractive if they included pictures or illustrations. The poster "Breastfeeding Can Help Your Baby's Brain Grow" is misleading. The video is an effective tool for promoting breastfeeding. This video could be shown in a waiting room without additional instruction. The weak points of the video are the lack of an introduction or title screen and the difficulty of reading the text screens (blue letters on a white background).

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- 108 Breastfeeding-- getting started together (Spanish title: Dar pecho: comenzando juntos).** Minneapolis, MN : International Childbirth Education Association [distributor]; 1986.

Format: Video, VHS, 1/2", (16 min.)

Source: International Childbirth Education Association, Inc., P.O. Box 20048, Minneapolis, MN 55420-0048

Cost: \$25.00 + \$4.00 shipping and handling.

NAL Call No.: Videocassette no.394; Videocassette no.395 (Spanish)

Language: English, Spanish

Abstract: This video recording teaches mothers about the nutritional and health benefits of breastfeeding infants and how to breastfeed. Discussions include: how to position the baby for breastfeeding, how to remove the baby from the breast, how to tell if the baby is getting enough milk, how often to nurse the baby, how to relieve breast soreness, how mothers should eat while breastfeeding, how to express breast milk, and how to breastfeed in public without attracting attention. A script is included.

Descriptors: Breastfeeding

Appraisal: The concepts of lactation are presented well. The Spanish version of the tape is suitable for all Hispanic populations.

109 Breastfeeding. Revised. Evanston, IL : Professional Research; 1984.

Format: Video, VHS, 1/2", (15 min.)

Source: Professional Research Inc., The Altschul Group, 930 Pitner Ave., Evanston, IL 60202 (800) 421-2363

Cost: \$295.00

NAL Call No.: Videocassette no.859; Videocassette no.860 (Spanish)

Language: English, Spanish

Abstract: This video provides practical step-by-step instructions for prenatal breast preparation, feeding techniques, and feeding scheduling. It also discusses the advantages and disadvantages of breastfeeding, as well as its psychological and physiological effects. Includes a description of milk production from the formation of colostrum to true milk

Descriptors: Breastfeeding

Appraisal: Though many aspects of breastfeeding are covered, important issues like getting support and concerns such as family reactions and feeding in public are not discussed. Some health professionals may not agree with recommendations to toughen nipples, time the feedings, and supplement with formula if needed. Main characters in the video are Hispanic. In Spanish version, English words are used on diagrams.

110 Breastfeeding your baby. Crystal Lake, IL : Medela, Inc; 1988.

Format: Audiocassette, (58 min.)

Source: Medela Inc., P.O. Box 386, Crystal Lake, IL 60014 (800) 435-8316

Cost: \$11.95. Phone orders with Mastercard, Visa, American Express

NAL Call No.: RJ216 .B73 1988

Language: English

Abstract: This cassette and pamphlet teach how to get started breastfeeding. Chapters include: advantages of breastfeeding, before the baby arrives, getting started, working moms, manual expression of breastmilk, and common problems and questions.

Descriptors: Breastfeeding

Appraisal: This excellent tape encourages breastfeeding. When used in conjunction with accompanying booklet, it provides excellent information on the basics of breastfeeding, but it lacks minority representation. With only one booklet, it would not be suitable for group use. The relaxation tape on side II probably has limited appeal or use as a teaching tool. The client would benefit from an individual tape for home use.

111 Breastfeeding your baby: a mother's guide. Crystal Lake, IL : Medela; 1987.

Format: Video, VHS, 1/2", (64 min.)

Source: Medela Inc., P.O. Box 386, Crystal Lake, IL 60014 (800) 435-8316

Cost: \$31.95. Phone orders with Mastercard, Visa, or American Express

NAL Call No.: Videocassette no. 574

Language: English

Abstract: Host Julie Carmen takes you through the basics of breastfeeding with expert guidance from noted authority William Sears, M.D.

Descriptors: Breastfeeding

Appraisal: This excellent film encourages breastfeeding and teaches correct latch on technique and nursing positions, as well as hand expression and pumping. It is aimed primarily at white middle class audience, with one Oriental family depicted and one black spokeswoman. The video needs a number guide to various sections, since it is too long for use in one sitting.

- 112 Outside my mom: the story of a breast-fed baby.** White Plains, NY : March of Dimes Birth Defects Foundation; 1983.

Format: Slides with script, cassette, (80 slides)

Source: March of Dimes, Supply Division, Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605 (914) 428-7100

Cost: \$25.00

NAL Call No.: Slide no.123 F&N

Language: English

Abstract: "Outside My Mom" is the story of a breastfed baby, "narrated" by the infant. The infant shares his experiences with the audience by describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breastfeeding and resolve some of the problems associated with lactation. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother. The program is available in slides or a filmstrip and is accompanied by a handout and teacher's guide.

Descriptors: Breastfeeding

Appraisal: Most breastfeeding issues are briefly covered in this clever presentation designed to encourage breastfeeding, and to teach women how to establish a milk supply. The accompanying pamphlet seeks learner involvement and summarizes key concepts.

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- 113 You can breastfeed your preterm baby.** Seattle, WA; 1988.

Format: Video, VHS, 1/2", (38 min.)

Source: Health Sciences Center for Educational Resources, Distribution Center, SB-56, University of Washington, Seattle, WA 98195

Cost: \$200 includes 3 videotapes, 3 brochures, and 1 poster.

NAL Call No.: Videocassette no.838

Language: English

Abstract: Tape one is designed to aid parents in making the choice to breastfeed. Tape two shows mothers how to express breastmilk, keep up their milk supply and store their milk. Tape three shows parents the process of learning to nurse. Covers positioning, cuddling, latching on, and recognizing breastfeeding behaviors.

Descriptors: Breastfeeding

Appraisal: This excellent three part videocassette detailing reasons to and methods for breastfeeding preterm babies. Clear accurate instructions for pumping and storing milk. Outstanding section on instructing mothers to note baby's behavior patterns and how to overcome problems. Videos are useful for mothers of full term babies for positioning and pumping advice. Suitable for diverse ethnic groups. The brochures allow quick and easy reference as well as reinforcement of video.

Infant Feeding

Overview of Infant Feeding

- 114 Baby, let's eat!** Coyle, Rena; Mes-
sing, Patricia. New York :
Workman Publishing Company;
1987.

Format: Book, 128 pages

Source: Workman Publishing
Company Inc., 708 Broadway, New
York, NY 10003

Cost: \$7.95

NAL Call No.: TX361.C5C69

Reading Level: 8th grade

Language: English

Abstract: This book discusses infant feeding and presents a large selection of recipes to make nutritious meals for families with children beginning to eat solid food up to the age of 36 months. The book is directed to the nutritional needs and finicky tastes of children and attempts to establish good lifelong nutritional habits.

Descriptors: Infant - nutrition

Appraisal: Recipes are organized according to the developmental stages from infants through three years. A nutritional background is provided for each stage. Readers are encouraged to use spices instead of salt to add zest to their foods. Some spices, for example, mint, rosemary, dill, and tarragon, may not be commonly found in WIC households.

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- 115 Beverages for baby: birth to one year.** Pittsburgh, PA : Nutrition
Services/WIC Program, Allegheny
County Health Dept; 1989.

Format: Pamphlet

Source: Allegheny County Health
Dept., 239 Fourth Ave., Invest-
ment Bldg., Pittsburgh, PA 15222

Cost: Up to 25 copies free. May
reproduce with credit given to
source.

NAL Call No.: TX361.W55W52
no.25

Reading Level: 6th grade

Language: English

Abstract: This folded sheet contains information about the liquids which should be fed to an infant from birth to one year.

Descriptors: Infant - nutrition

Appraisal: This pamphlet provides good suggestions on beverages that should be used. Information is not overbearing and would make a good starting point for introducing infant nutrition. Illustrations would add to the overall appeal of the material as well as its instructional merit.

- 116 Cherokee Nation WIC presents infant feeding.** Tahlequah, OK : Cherokee Nation WIC; Not dated.

Format: Other

Source: Cherokee Nation, WIC Program, P.O. Box 948, Tahlequah, OK 74465

Cost: Single copy free. Permission to reproduce with credit given to source.

NAL Call No.: RJ216.I542

Reading Level: 7th grade

Language: English

Abstract: Infant feeding guidelines through the first year of life are outlined in this series of illustrated fact sheets from the Cherokee Nation WIC Program. Fact sheets cover the following age levels; birth to three months, three to six months, six to nine months, and nine to twelve months. Topics covered in the fact sheets include 1) when (hunger signals) and how much (breast milk, formula) babies should be fed; 2) introducing cereal, feeding with a spoon, giving juice in a cup, avoiding bedtime bottles; 3) progressing from strained to mashed to finger foods, drinking from a cup; and 4) appropriate types of table foods. Physical development and abilities are described for infant at each age level.

Descriptors: Infant - nutrition

Appraisal: These fact sheets are an excellent presentation of general guidelines for feeding the infant. There is quite a variety of print size and drawings so the sheets are attractive and stimulate interest. Appropriate foods for infants 6 to 12 months are listed, but little information is provided about amounts to feed.

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- 117 Feeding your baby.** Evansville, IN : Mead Johnson and Co.; 1984.

Format: Booklet

Source: Mead Johnson, Nutritional Division, Evansville, IN 47721, 812-429-5000

Cost: Single and bulk copies free.

NAL Call No.: TX361.W55W52 no.119

Reading Level: 5th grade

Language: English

Abstract: This booklet provides general basic information about breastfeeding and bottlefeeding infants.

Descriptors: Breastfeeding; Bottle feeding

Appraisal: Overall, this booklet is a simple, factual introduction to infant feeding for first time mothers. The print size is large and easy to read.

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- 118 Feeding your baby.** Montgomery, AL : Alabama Dept. of Public Health; 1987.

Format: Pamphlet

Source: Alabama Dept. Public Health, WIC Division, 434 Monroe St., Montgomery, AL 36130

Cost: Single copy free. Send self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.165

Reading Level: 8th grade

Language: English

Abstract: This folded sheet with inserts discusses the first year of feeding an infant. Topics include: what to feed the infant at various ages (birth to three months, four months, five to six months, and seven to twelve months); weaning, nursing bottle cavities, constipation, diarrhea, and overweight infants.

Descriptors: Infant - nutrition

Appraisal: The folder/insert format is innovative. The five to six months insert mentions feeding table vegetables like peas, but does not explain how to prepare them. Soy formula is recommended for two weeks for an infant with diarrhea. Another disputable point is the suggestion that "weaning from the breast to the cup should begin at six months" until "no milk is from the breast". A variety of other important topics are covered adequately.

- 119 Feeding your baby: birth to 4 months.** Nashville, TN : Division of Nutrition Services/Supplemental Food Programs, Tennessee Dept. of Health and Environment; Not dated.

Format: Pamphlet

Source: Tennessee Dept. of Health & Environment, Division of Nutrition/Supplemental Food Programs, C2-233 Cordell Hull Bldg., Nashville, TN 37219

Cost: Single copy free. May be reproduced with credit given to source.

NAL Call No.: TX361.W55W52 no.160

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides tips and suggestions about feeding infants from birth through the first four months. Breastfeeding and bottle feeding are discussed and introducing solid food is mentioned although it normally does not occur until after the fourth month.

Descriptors: Infant - nutrition

Appraisal: This pamphlet gives a simple, clear introduction on feeding a newborn for new WIC/CSFP mothers. Need for iron, water, and supplements is not discussed, nor is formula preparation or discarding leftover formula.

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- 120 Feeding your baby: the first year.** Chicago, IL : American Dietetic Association; 1989.

Format: Pamphlet

Source: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995 (312) 899-1745

Cost: \$3.95/25 copies. Minimum order \$10.00, bulk discounts available.

NAL Call No.: TX361.W55W52 no.104

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses infant feeding during the first year and provides a chart of suggested ages for the introduction of solid foods. Topics include: introducing solid foods to an infant, baby teeth, homemade baby food, and the dangers of choking.

Descriptors: Infant - nutrition

Appraisal: The lengthy text with only one illustration may be appropriate for a well educated, motivated audience. The information is accurate and comprehensive.

- 121 **Feeding your child series.** Burlington, VT : Nutrition Services, Medical Service Division, Vermont Dept. of Health; 1983.

Format: Pamphlet

Source: Vermont Dept. of Health, 1193 North Ave., P.O. Box 70, Burlington, VT 05402

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.194,196-198

Reading Level: 6th grade

Language: English

Abstract: This series describes the types of food, feeding schedule, and feeding tips for feeding children birth to six months, six to nine months, nine to twelve months, one to two years, and two to five years.

Descriptors: Infant - nutrition; Children - nutrition

Appraisal: Accurate information is presented in a well organized format in this comprehensive series on infant and child feeding. Essential topics are covered. Meal plans are appropriate for the different ages and incorporate WIC/CSFP foods. There are no illustrations.

- 122 **Feeding your growing baby.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.241

Reading Level: 4th grade

Language: English

Abstract: This folded sheet describes infant feeding from birth to one year.

Descriptors: Infant - nutrition

Appraisal: This attractive, heavy weight pamphlet with many illustrations gives useful information. It should have included examples of fruits, vegetables, and meat group foods in the food guide.

- 123 **Feeding your infant from birth to 12 months.** Boston, MA : Dept. of Nutrition and Food Service, Children's Hospital; 1987.

Format: Pamphlet

Source: The Children's Hospital, Dept. of Nutrition & Food Service, 300 Longwood Ave., Boston, MA 02115

Cost: \$.20/copy.

NAL Call No.: TX361.W55W52
no.118

Reading Level: 9th grade

Language: English

Abstract: This folded sheet discusses the first year of infant feeding. Topics include breastfeeding, bottle feeding, feeding schedules, and the amounts of food to be fed to an infant at various ages.

Descriptors: Infant - nutrition

Appraisal: This pamphlet is a thorough presentation of infant feeding, but is written for an educated audience. Illustrations would have added interest to the text.

124 First foods for your baby ["1st foods for your baby"].

Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1987.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$8.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.245

Reading Level: 6th grade

Language: English

Abstract: This folded sheet describes the initial foods which should be fed to an infant (breastmilk or formula) and discusses introducing solid foods.

Descriptors: Infant - nutrition

Appraisal: The information presented is well organized and accurate. The drawings and layout are especially attractive.

125 The First twelve months: a guide to infant feeding. (Spanish title: Los primeros doce meses : guía de alimentos para el bebé).

Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$8.00/100 copies.

NAL Call No.: TX361.W55W52 no.16a-b

Reading Level: 5th grade

Language: English, Spanish

Abstract: This folded sheet describes the foods that should be fed to an infant, and at what stage of development these foods should be introduced. A time line coordinates the infant's development, age, and suggested food items for the infant's diet. Several general recommendations provide information on infant feeding.

Descriptors: Infant - nutrition

Appraisal: Different lifestyles, ethnic groups, and socioeconomic levels are reflected in this comprehensive guide. An adapted version is available from the New Hampshire Division of Public Health.

- 126 **Food for baby's first year: a guide to infant feeding.** Honolulu, HI : Nutrition Branch, WIC Program, Health Promotion & Education Office, Hawaii State Dept. of Health; 1984.

Format: Pamphlet

Source: Hawaii WIC Program, Ala Moana Health Center, 591 Ala Moana Blvd., Suite 233, Honolulu, HI 96813

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.55W52 no.102

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides general suggestions about when to start feeding certain foods to infants during their first year. Other recommendations discuss such topics as baby teeth, sweets, choking, and finger foods.

Descriptors: Infant - nutrition

Appraisal: The pamphlet is well organized, colorful, and easy-to-read. The hints for baby's first year are excellent. They cover many subjects in adequate depth. Foods suggested are varied and include some that are Hawaiian.

- 127 **Food for your baby's first year.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.186

Reading Level: 6th grade

Language: English

Abstract: This pamphlet provides brief, general information about an infant's diet during the first year. Common questions are answered and an infant feeding summary is provided. Topics include: breast milk, iron fortified formula, solid foods, table foods, and weaning.

Descriptors: Infant - nutrition

Appraisal: This attractive, well-organized pamphlet is written on heavy, semi-gloss paper. Photographs make the pamphlet interesting.

- 128 Good nutrition for your baby.** 2nd edition. Jones, Elizabeth G. San Marcos, CA : Slawson Communications; 1988.

Format: Book, 90 pages

Source: Slawson Communications Inc., 165 Vallecitos de Oro, San Marcos, CA 92069 (619)744-2299

Cost: \$6.95 plus \$3.00 shipping.

NAL Call No.: RJ216.J66 1988

Reading Level: 8th grade

Language: English

Abstract: This book provides nutrition guidance for infant feeding. Topics include: proper techniques for breastfeeding, home prepared baby food and recipes, vegetarian diets, foods to avoid, introduction of solid foods, drinking from a cup, and weaning.

Descriptors: Infant - nutrition

Appraisal: The step-by-step approach and sample menus for various ages are useful sections of the book. This book would be a good addition to a client lending library. Chapter on weaning is good. More illustrations would have added to the visual interest of the book.

- 129 Helping baby grow: foods in the first year.** Madison, WI : Division of Health, Wisconsin Dept. of Health and Social Services; 1986.

Format: Pamphlet

Source: Wisconsin Dept. of Health and Social Services, Division of Health, P.O. Box 309, 1 W. Wilson, Madison, WI 53701

Cost: Single copy free. May reproduce with credit given to source. Order # POH 4029

NAL Call No.: TX361.W55W52 no.123

Reading Level: 6th grade

Language: English

Abstract: This pamphlet provides information on feeding an infant during the first year. Tips are suggested for watching for signs of readiness for solid foods, detecting skill development, adding solid foods, introducing finger foods, and teaching the infant to drink from a cup. Recommendations for foods to be fed to the infant are included.

Descriptors: Infant - nutrition

Appraisal: This excellent booklet with multiethnic illustrations has a clear and simple text and is appropriate for the target audience. No recommendations are included for amounts of foods to offer infants.

- 130 Infant and child nutrition.** Popovich, Mary Jane. Tacoma, WA : Stretching Charts; 1987.

Format: Single sheet

Source: Stretching Charts, Inc., P.O. Box 44646, Tacoma, WA 98444 (800) 356-0709

Cost: \$3.50/copy for orders of 50 or more titles, may be combined.

NAL Call No.: TX361.W55W52 no.250

Reading Level: 6th grade

Language: English

Abstract: This sheet describes the diet and nutritional needs of infants and children from birth to the age of six years.

Descriptors: Infant - nutrition; Children - nutrition

Appraisal: This general food guide is in a chart format. Many foods are left off the guide, such as yogurt, rice, and tortillas. The sheet states that meat is to be offered at seven months and no meat alternate except eggs are listed for infants.

- 131 Infant feeding from birth to first birthday.** Hartford, CT : CT WIC Program, State of Connecticut Dept. of Health Services, Nutrition Section; Not dated.

Format: Pamphlet

Source: State of Connecticut, Dept. of Health Services, WIC Program, 150 Washington St., Hartford, CT 06106

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.297

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides information about the diet that should be fed to an infant from birth to one year. Several suggestions are made concerning the methods of feeding an infant.

Descriptors: Infant - nutrition

Appraisal: The food guide is useful, but the inclusion of sample meal plans would clarify recommendations. The illustrations and simplicity make this material appealing.

- 132 Infant feeding guide.** Boston, MA : Massachusetts WIC Program; 1986.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language desired.

NAL Call No.: TX361.W55W52 no.173a-h

Reading Level: 4th grade

Language: English, Chinese, Cambodian, Vietnamese, Laotian, Spanish, Portuguese, French

Abstract: This sheet provides information about what, when, and how to feed an infant during the first year. A table informs caretakers at what age certain foods may be added to the infant's diet. Other advice includes: feeding only whole milk, introducing solid foods, do not put the baby to bed with a bottle, when to introduce foods, and how to make homemade baby foods.

Descriptors: Infant - nutrition

Appraisal: The chart format is organized and easy to follow. The light brown paper color, illustrations, and clear print are appealing to the eye. The guide does not address water or overfeeding.

- 133 Infant feeding guide: 4 months to 6 months.** Jackson, MS : Special Supplemental Food Program for Women, Infants and Children (WIC), Mississippi State Dept. of Health; 1986.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.97

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides suggestions for infant feeding from the fourth to the sixth month.

Descriptors: Infant - nutrition

Appraisal: This well illustrated pamphlet covers the introduction of cereal, strained vegetables, fruits/juice, and a variety of foods. Recommendations are very age specific, for example, "at four months add cereal," and leaves little room for individual variation. It does not include information on food allergies or sensitivities.

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- 134 Infant feeding guide: birth to 4 months.** Jackson, MS : Special Supplemental Food Program for Women, Infants, and Children (WIC), Mississippi State Dept. of Health; 1986.

Format: Pamphlet

Source: WIC Nutrition Coordinator, MS State Dept. of Health, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copies free to public health agencies and WIC programs. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.42

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides information to parents of newborn infants about what to feed their infants. A suggested schedule for adding solid foods to the baby's diet after four months is provided.

Descriptors: Infant - nutrition

Appraisal: This feeding guide includes information on foods from birth to 12 months, rather than from birth to four months, as the title states. It states that solid foods may be added to the infant's milk based diet at four months, but there is no discussion of readiness for solid foods in this pamphlet.

- 135 Infant feeding series: Facts about your child's nutrition.** Lincoln, NE : Nebraska Dept. of Health, Maternal and Child Health/Nutrition Division; Not dated.

Format: Pamphlet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Send self-addressed, stamped envelope for single copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.67,124-126; TX361.W55W52 no.98,161

Reading Level: 7th grade

Language: English

Abstract: This pamphlet series presents various aspects of bottle and breastfeeding infants. Topics include: types of formulas, how much and how often to feed the baby, vitamin and mineral supplements, feeding schedules, appetite, and adding new food to an infant's diet between the ages of six and eight months.

Descriptors: Infant - nutrition

Appraisal: Overall this is a very helpful guide for caretakers of infants. The material is accurate and complete. The small print can be seen through the lightweight paper and is distracting.

- 136 Infant nutrition: a guide.** Hembekides, Ruth. Oklahoma City, OK : Oklahoma City Area, Indian Health Services; 1987.

Format: Booklet

Source: Oklahoma City Area Indian Health Service, 215 Dean A. McGee St. NW, Room 409, Oklahoma City, OK 73102

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.146

Reading Level: 7th grade

Language: English

Abstract: This booklet discusses the feeding, general growth, and development of an infant for the first year. The information about feeding is divided into sections according to the age of the infant.

Descriptors: Infant - nutrition

Appraisal: Thorough presentation on feeding in first year. The printing is very small and the paper is thin. Disputable points include inclusion of hot dogs on lactation diet sample menu and introducing meats to infants at seven months. Several references are made to Indian Health Service but material can be adapted for other's use.

- 137 Iron nutrition for infants.** Concord, NH : New Hampshire WIC Program; 1988.

Format: Pamphlet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: May reproduce with prior notification. Single copy free with self-addressed, stamped envelope.

NAL Call No.: TX361.W55W52
no.202

Reading Level: 8th grade

Language: English

Abstract: This folded sheet describes iron, its uses in the human body, and the daily requirements of iron consumption for infants. A food list displays how much iron is contained in various food items.

Descriptors: Infant - nutrition

Appraisal: This folded sheet is a thorough presentation of iron nutrition. A sample menu would illustrate how a planned, balanced diet could include the 15 milligrams of iron needed. The layout, design, and color are attractive.

- 138 A Message to new moms.** Maywood, IL : WIC Program, Cook County Dept. of Public Health; Not dated.

Format: Pamphlet

Source: Cook County Dept. of Public Health, 1500 S. Maybrook Dr., Maywood, IL 60153

Cost: \$.10 per copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.180

Reading Level: 5th grade

Language: English

Abstract: This folded sheet is a message to new moms from their WIC nutritionist. A few important reminders are provided and mothers are encouraged to call their WIC office if they have questions.

Descriptors: Nutrition

Appraisal: Seven messages are given in this innovative introduction to infant feeding for WIC mothers with newborns. Photographs add interest to the pamphlet. An Illinois WIC office phone number is printed on the first page.

- 139 **No honey during your baby's first year** (Spanish title: **No le dé miel al bebé durante su primer año de vida**). Campbell, CA : Education Program Associates; 1988.

Format: Pamphlet

Source: Education Program Associates, One West Campbell Ave., Bldg. D, Room 40, Campbell, CA 95008 (408)374-1210

Cost: 50 copies free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.184

Reading Level: 7th grade

Language: English, Spanish

Abstract: This folded sheet warns against feeding infants honey during their first year of life. The publication describes how honey may contain spores of bacteria which can cause infant botulism.

Descriptors: Infant - nutrition

Appraisal: This pamphlet provides a thorough explanation of botulism and the seriousness of the toxin. It could perhaps be used as a handout in an infant feeding class when covering food safety. English on one side with Spanish on the reverse.

- 140 **No-nonsense nutrition for your baby's first year.** 2nd edition. Natow, Annette B., Heslin, Jo-Ann. New York, NY : Prentice Hall Press; 1988.

Format: Book, 238 pages

Source: Simon & Schuster Prentice Hall, 200 Old Tappan, Old Tappan, NJ 07675. (212)373-8500 R 53

Cost: \$9.95 plus your state's sales tax.

NAL Call No.: RJ216 .N38 1988

Reading Level: 7th grade

Language: English

Abstract: This book provides information about deciding how, when, and what to feed an infant during the first year. The objective of the publication is to present choices to the parent so that they can then make decisions based on their lifestyle and the baby's taste preferences and nutritional needs. Topics include: pros and cons of breast and bottle feeding, when and how to introduce solid food; how to make your own baby food (recipes included), choosing commercial baby food, raising a vegetarian baby, feeding your baby while traveling, dealing with food allergies, and using vitamin and mineral supplements.

Descriptors: Infant - nutrition

Appraisal: This book is a good source of accurate information about infant feeding. The conversational style and question/answer format make it a good reference for interested parents. Illustrations would add interest to the text.

- 141 Only the best for your baby: the right foods for your baby's first year: (Spanish title: Sólo lo mejor para su bebé: las comidas propias para el primer año del bebé).** Denver, CO : Nutrition Services, Colorado Dept. of Health; 1987.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. Specify English (#220) or Spanish (#222). May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.74(English); TX361.W55W52 no.85(Spanish)

Reading Level: 7th grade

Language: English, Spanish

Abstract: This folded sheet describes the foods that should be fed to a baby during its first year. Home preparation of foods is encouraged.

Descriptors: Infant - nutrition

Appraisal: This would be an excellent pamphlet to use when discussing an infant's introduction to solids. The content is very good but the print size is small. Some learners may have difficulty understanding the "calendar" for feeding.

- 142 Your baby's weight.** Madison, WI : Division of Health, Wisconsin Dept. of Health and Social Services; 1986.

Format: Pamphlet

Source: Wisconsin Dept. of Health and Social Services, Division of Health, P.O. Box 309, 1 W. Wilson, Madison, WI 53701

Cost: Single copy free. May reproduce with credit given to source. Order # POH 4099.

NAL Call No.: TX361.W55W52 no.54

Reading Level: 5th grade

Language: English

Abstract: This folded sheet encourages parents to help their babies stay healthy by making good food choices, practicing healthy eating habits, and encouraging activity.

Descriptors: Infant - nutrition

Appraisal: The focus of this pamphlet is to promote healthy eating practices beginning in infancy. Recognition of hunger and satiety, and suggestions for stimulating infants is covered. The pamphlet is well organized and there is space for the caretaker to write special notes.

Formula Preparation and Bottle Feeding

- 143 Feeding your baby commercial formulas.** Pittsburgh, PA : Nutrition Services/WIC Program, Allegheny County Health Dept; 1989.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: Up to 25 copies free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.24

Reading Level: 8th grade

Language: English

Abstract: This folded sheet describes the commercial baby formulas available and how to prepare and use them. Several formula feeding tips are also provided.

Descriptors: Infant - nutrition

Appraisal: This pamphlet provides simple instructions on types of formula and preparation. Small diagrams help clarify the directions on making formula. It is good for a client's reference after nutrition education.

-
- 144 How to prepare powdered formula.** Boston, MA : Massachusetts WIC Program; 1983.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language desired.

NAL Call No.: TX361.W55W52
no.175a-d

Reading Level: Minimal text

Language: English, Spanish, Portuguese, Cambodian

Abstract: This sheet provides instructions with clear illustrations for preparing powdered and concentrated baby formula.

Descriptors: Infant - nutrition

Appraisal: Clear, concise, simple instructions are given with illustrations demonstrating formula preparation. No instructions are given on how to wash (e.g. hot, soapy water) or sterilize bottles. The minimal text format is excellent for very poor or nonreaders.

- 145 If you bottle feed your baby, boil the water to make it safe to drink! it's a good way to help keep your baby healthy!** Juneau, AK : Nutrition Services, Alaska Dept. of Health and Social Services; 1984.

Format: Pamphlet

Source: Alaska Division of Public Health, WIC Division, Box H, Juneau, AK 99811-0612

Cost: Single copy free. Send self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: E75.A5 [no.A-28]

Reading Level: 6th grade

Language: English

Abstract: Basic guidelines for bottle feeding infants are outlined in this pamphlet. Illustrated instructions are provided for 1) sterilizing water and equipment used to prepare formula, 2) measuring and mixing formula from both powder and liquid concentrate, and 3) storing formula for later use. General recommendations are included on appropriate amounts of formula to feed infants of varying ages (newborn to one year).

Descriptors: Infant - nutrition

Appraisal: Cleanliness is stressed in this material that recommends using the formula within 24 hours after preparation. The print is small but the illustrations are supportive of the instructions on how to make formula. Alaska is mentioned one time.

- 146 Iron fortified formulas are allowed on WIC.** Des Moines, IA : WIC Program; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Single copy free. Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.108

Reading Level: Minimal text

Language: English

Abstract: This sheet pictures nine containers of baby formula: three milk-based, iron fortified; three soy-based, iron-fortified; and three low-iron formula. The sheet states that low-iron formulas are not allowed on the WIC program.

Descriptors: Infant - nutrition

Appraisal: Photographs of infant formulas that are WIC approved are presented. Photos of low-iron formulas are crossed out. The text is very limited. There is no information given about new formulas on the market.

- 147 Why iron-fortified formula?** Harrisburg, PA : Commonwealth of Pennsylvania, Dept. of Health, Division of Special Food Programs (WIC); 1988.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.242

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the necessity for feeding an infant iron fortified formula, if formula is the food selected to feed the infant. Advice is given if any of five problems (constipation, colic and fussiness, diarrhea, spitting up, or gas and stomach cramps) exist.

Descriptors: Infant - nutrition

Appraisal: The title does not reflect the content of the material which mainly deals with formula feeding problems. Material is well organized, easy to read, and useful for target audience.

Introduction of Solid Foods

- 148 Introducing solids.** Englewood, CO : Tri-County Health Dept.; 1986.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.190

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses introducing solid food into the diet of an infant. Indications that an infant is ready to begin eating solid foods are reviewed and how to prepare and store baby food is mentioned.

Descriptors: Infant - nutrition

Appraisal: Some helpful information is provided, but preventing nursing bottle mouth, choosing plain foods, identifying food allergies, and other infant feeding issues are not addressed. There is little variation in size and type of print.

- 149** Now that your child is over one year, it's time to kick the bottle habit. Boston, MA : Massachusetts WIC Program; 1986.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52
no.64a-c

Reading Level: 6th grade

Language: English, Spanish, Portuguese, Cambodian, Laotian

Abstract: This folded sheet provides reasons why parents should train their infants to use a cup instead of a bottle as early as possible. It is recommended that parents replace the bottle with a cup by the age of one year. Some of the reasons given to avoid the bottle after one year of age are: damage to teeth; low-iron blood; overweight; and ear infections.

Descriptors: Infant - nutrition

Appraisal: The message about why children over one should not use a bottle is clear. Helpful suggestions for weaning are provided. Spanish translation may be most appropriate for persons from Puerto Rico or nearby islands. The pamphlet is well organized. However, the print is small and the light type in some parts is difficult to read.

- 150** Weaned at one. Mount Airy, NC : Surry County Health Dept., Nutrition Division; 1987.

Format: Pamphlet

Source: Surry County Health Dept., P.O. Box 1062, Dobson, NC 27017

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.116

Reading Level: 4th grade

Language: English

Abstract: This folded sheet suggests that infants should be weaned by the age of one and provides information about how and when to begin. Early weaning helps prevent tooth decay, is a step towards teaching the baby to feed himself/herself, and helps the baby to drink less formula and eat more food.

Descriptors: Infant - nutrition

Appraisal: The large print on cream colored paper is easy to read. Excellent coverage of subject is helpful to infant caretakers.

- 151** Weaning baby from the bottle. Tahlequah, OK : Cherokee Nation WIC; 1984.

Format: Single sheet

Source: Cherokee Nation, WIC Program, P.O. Box 948, Tahlequah, OK 74465

Cost: Single copy free. Permission to reproduce with credit given to source.

NAL Call No.: RJ216.C48

Reading Level: 5th grade

Language: English

Abstract: Designed to instruct the native American mother on weaning her baby from the bottle, this flier emphasizes having a child weaned by the age of one year. When to start the process, how to do it, and tips for a successful outcome are included.

Descriptors: Infant - nutrition

Appraisal: Positive, personal approach used to give helpful suggestions for weaning. The text is well-organized and the illustration (Native American child) is well-drawn. The main ideas are clear and flow smoothly, and the print is easy to read.

- 152 Weaning the bottlefed baby.**
Englewood, CO : Tri-County District Health Dept; 1981.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.91

Reading Level: 6th grade

Language: English

Abstract: This sheet discusses the weaning process for babies that have been bottle fed and provides information on the feeding stages of infants. The sheet helps parents learn what to expect and encourages them to keep a patient, relaxed attitude.

Descriptors: Infant - nutrition

Appraisal: This publication could be used with infant caretakers before weaning is initiated. Basic information about bottle feeding is given which would make weaning easier if followed. The weaning process is presented nicely. The format and type are somewhat distracting.

- 153 Weaning the breastfed baby.**
Englewood, CO : Tri-County District Health Dept., Nutrition Section; 1981.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.96

Reading Level: 7th grade

Language: English

Abstract: This sheet discusses the weaning process for babies that have been breastfed and provides information on the feeding stages of infants. The sheet helps parents learn what to expect and encourages them to keep a patient, relaxed attitude.

Descriptors: Infant - nutrition

Appraisal: This information sheet covers the weaning process carefully and well, covering early or premature weaning to age appropriate weaning. It includes an easy-to-read chart on babies' feeding stages and appropriate feeding related physical abilities. The one major flaw is that it fails to mention any weaning foods other than iron fortified formula. It provides a very caring approach to weaning, including the emotional needs and feelings of mother and child.

- 154 Weaning with love: teaching baby to use a cup.** Helena, MT : Dept. of Health & Environmental Sciences, Family/Maternal Child Health Bureau; 1987.

Format: Pamphlet

Source: Montana State Health Dept., WIC Program, Cogswell Bldg., Helena, MT 59620

Cost: Single copy free. Permission to reproduce if credit given to MT State WIC Program

NAL Call No.: TX361.W55W52
no.43

Reading Level: 8th grade

Language: English

Abstract: This folded sheet describes the when, why, and how of the weaning process.

Descriptors: Infant - nutrition

Appraisal: Information is presented in a loving manner. Possible problems for mother as well as for the child when weaning from the bottle or cup are covered nicely.

- 155 Weaning your breastfed baby.** Sandwich, MA : Health Education Associates; 1988.

Format: Pamphlet

Source: Health Education Associates, 6 San Sebastian Way, Sandwich, MA 02563, (508) 888-8044

Cost: Single copy \$.50 and self addressed stamped envelope

NAL Call No.: TX361.W55W52
no.292

Reading Level: 5th grade

Language: English

Abstract: This folded sheet discusses when, why, and how to wean a breastfed child.

Descriptors: Infant - nutrition

Appraisal: Pamphlet gives solid information on how to wean, but lacks information on adding solid foods. There are racial minorities pictured. The small print format with few illustrations makes it difficult to read.

- 156 Weaning your infant.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Pamphlet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Include mailing label.
\$.11/copy.

NAL Call No.: TX361.W55W52
no.171a-e

Reading Level: 6th grade

Language: English, Cambodian, Hmong, Laotian, Vietnamese

Abstract: This folded sheet describes why, when, and how to replace breastfeeding or bottle feeding with drinking from a cup. Several tips are provided for making the weaning process as smooth and problem-free as possible.

Descriptors: Infant - nutrition

Appraisal: This pamphlet is an informative presentation with several ethnic groups represented in illustrations. The "Weaning Guide" chart requires further explanation.

- 157 Your baby's diet: milk is just the beginning.** Topeka, KS : Salina County Dept. of Community Health, Kansas Dept. of Health & Environment; Not dated.

Format: Pamphlet

Source: Kansas Dept. of Health and Environment, Bureau of Family Health, 900 SW Jackson, 10th Floor, Topeka, KS 66612-1290

Cost: Single copy free

NAL Call No.: TX361.W55W52
no.109

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses adding solid food to an infant's diet. During the first four months only breast milk or iron fortified formula are necessary for the baby's diet. This publication describes when cereals, fruits and vegetables, and meat may be added.

Descriptors: Infant - nutrition

Appraisal: The material focuses on guidelines for introducing new foods to the developing infant. WIC allowed foods are noted. Information is presented in a simple, well organized manner.

Preparation of Infant Foods

- 158 Buying, making and storing baby food- birth to 12 months.** Pittsburgh, PA : Nutrition Services/WIC Program, Allegheny County Health Dept.; 1989.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: Up to 25 copies free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.35

Reading Level: 7th grade

Language: English

Abstract: These four folded sheets provide information concerning the purchase, preparation, and storage of baby foods. Reading the labels of commercially purchased baby food, preparing baby food at home with a blender, and storing baby food are discussed. Recipes for preparing some baby foods are included.

Descriptors: Infant - nutrition

Appraisal: The interpretation of labels on baby food is clearly presented. The recipes for baby food might be used after a nutrition demonstration. This is a very handy pamphlet for caretakers of infants from birth to one year.

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- 159 I eat baby food because--.** Boston, MA : Massachusetts WIC Program; 1988.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.105

Reading Level: 3rd grade

Language: English

Abstract: This folded sheet describes how baby food may be made at home.

Descriptors: Infant - nutrition

Appraisal: A well organized, useful presentation appropriate for target audience. The print is small, but the use of boxes to organize the information is helpful.

- 160 Making your own baby food.**
Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May be reproduced with credit given to source.

NAL Call No.: TX361.W55W52 no.200

Reading Level: 4th grade

Language: English, Spanish

Abstract: This folded sheet provides instructions for making and storing baby foods.

Descriptors: Infant - nutrition

Appraisal: Thorough directions are provided for making foods using common equipment. The printing is in capital letters, the pages appear cluttered, and the print can be seen through the paper. The Spanish version is suitable for all Hispanics. There are very few mistakes in the translation.

Infant Dental Care

- 161 About tots and tooth care.**
Revised. South Deerfield, MA : Channing L. Bete, Co.; 1989.

Format: Pamphlet

Source: Channing L. Bete Co., 200 State Rd., South Deerfield, MA 01373-0200

Cost: \$1.00/copy for 1-24 copies. Call 800-628-7733 for ordering and quantity price information.

NAL Call No.: TX361.W55W52 no.185

Reading Level: 7th grade

Language: English

Abstract: This pamphlet provides recommendations for parents in teaching their children proper dental care. Suggestions include: begin good dental care early, teach good dental habits, provide a well-balanced diet and flouride, and visit your dentist regularly.

Descriptors: Children - nutrition

Appraisal: A complete guide to dental care with many cartoon illustrations that contribute to the material. It is an attractive and motivational tool.

- 162 **Food & healthy teeth for babies.** Revised. Pittsburgh, PA : Nutrition Services, Allegheny County Health Dept. : Dental Services, Allegheny County Health Dept; 1989.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: Single copy free. May reproduce with credit given to agency.

NAL Call No.: TX361.W55W52
no.201

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides information about dental care for infants. Topics include: tooth formation, fluoride, cavities, nursing bottle mouth, and thumb sucking.

Descriptors: Infant - nutrition

Appraisal: A thorough presentation in a question and answer format. The small, hand drawn illustrations contribute to the text. This material may be used as a handout for a class on infant dental care.

- 163 **Happy teeth for healthy smiles** (Spanish title: Dientes sanos para sonrisas felices). Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1985.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$8.00 /100 copies. May reproduce with credit given to source.

NAL Call No.: E.75.A5 [no.A-111](English); TX361.W55W52
no.247a-d

Reading Level: 5th grade

Language: Spanish, Chinese, Vietnamese, English, Cambodian

Abstract: This folded sheet discusses the importance of baby teeth and how to keep teeth healthy. The publication also discusses nursing bottle mouth, teaching an infant to drink from a cup, and good nutrition for healthy teeth.

Descriptors: Infant - nutrition

Appraisal: Thorough coverage of topic is presented in easy-to-read, well organized format. The illustrations, unique printing and use of heavy paper may stimulate the reader's interest.

- 164 Nursing bottle mouth.** Chicago, IL : American Dental Association, Bureau of Health Education and Audiovisual Services; 1983.

Format: Pamphlet

Source: American Dental Association, Bureau of Health Education and Audiovisual Services, 211 E. Chicago Ave., Chicago, IL 60611

Cost: \$4.85/25 copies

NAL Call No.: RK331.N8

Reading Level: 8th grade

Language: English

Abstract: This illustrated pamphlet discusses the cause and prevention of nursing bottle mouth. A discussion of what nursing bottle mouth is and the importance of primary (baby) teeth is also included.

Descriptors: Infant - nutrition

Appraisal: This very colorful, attractive pamphlet covers the subject well. However, it is more suitable for an educated reader. Photographs of a nursing bottle mouth and white children are included.

- 165 Nursing bottle mouth.** Oklahoma City, OK : Nutrition & Dietetic Branches, Oklahoma City Area, Indian Health Services; Not dated.

Format: Pamphlet

Source: Oklahoma City Area Indian Health Service, 215 Dean A. McGee St. NW, Room 409, Oklahoma City, OK 73102

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.289

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses what nursing bottle mouth is, why it is important to prevent nursing bottle mouth, and how to prevent nursing bottle mouth.

Descriptors: Infant - nutrition

Appraisal: Thorough coverage of the topic is provided on heavy weight paper with large print. Fruit juice in bottles is discouraged, but using water in a bedtime bottle is not mentioned.

- 166 Preventing nursing bottle mouth.** Lincoln, NE : Nebraska Dept. of Health, Division of Dental Health-Division of Nutrition; Not dated.

Format: Pamphlet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Send self-addressed, stamped envelope for single copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.199

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses various aspects of nursing bottle mouth, including its causes, treatment, and prevention. Topics include: how to clean a baby's mouth, reasons for caring for the primary (baby) teeth, and the positive aspects of fluoride on teeth.

Descriptors: Infant - nutrition

Appraisal: This pamphlet contains a very graphic illustration of the results of nursing bottle mouth. The summary is clear and gives good hints to prevent nursing bottle mouth. Some of the material might not be understood by clients with poor reading skills.

- 167 Protect your child's teeth: put your baby to bed with love, not a bottle.** San Rafael, CA : Produced and distributed by Dental Health Foundation; Not dated.

Format: Pamphlet

Source: The Dental Health Foundation, 4286 Redwood Hwy. #261, San Rafael, CA 94903

Cost: \$.10-\$.15 depending on quantity. Contact source for sample and order form.

NAL Call No.: TX361.W55W52 no.174a-f

Reading Level: 4th grade

Language: English, Chinese, Thai, Cambodian, Laotian, Spanish

Abstract: This folded sheet describes the causes of baby bottle tooth decay and how parents can protect their baby's teeth. Parents are especially warned against putting their infant to bed with a bottle that has anything except water in it.

Descriptors: Infant - nutrition

Appraisal: This excellent presentation is suitable for the target audience. The print is large and easy to read. Several ethnic groups are represented in the illustrations. It is an appropriate handout for a class on infant dental care.

-
- 168 Put your child to bed with a teddy bear--not a bottle.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.203

Reading Level: 4th grade

Language: English

Abstract: This folded sheet discusses nursing bottle mouth, its causes and prevention. This publication encourages parents to begin taking their children to the dentist by the age of three.

Descriptors: Infant - nutrition

Appraisal: This attractive pamphlet adequately reviews subject. The photograph of the teddy bear and the semi-gloss heavy weight paper add to the quality of the presentation. More detailed information could have been given on the causes of bottle decay.

Feeding Infants with Special Needs

- 169 Clinical management of gastroesophageal reflux: a guide for parents.** Glass, Robin Pritkin. Seattle, WA : Division of Occupational Therapy, Children's Orthopedic Hospital and Medical Center; 1986.

Format: Pamphlet

Source: Children's Hospital Medical Center, Division of Occupational Therapy, P.O. Box C-5371, Seattle, WA 98105

Cost: \$2.00, quantity discounts available.

NAL Call No.: TX361.W55W52 no.188

Reading Level: 9th grade

Language: English

Abstract: This pamphlet discusses the clinical management of gastroesophageal reflux (GER), a condition where the baby's formula comes "sloshing" back up from the stomach into the baby's throat and mouth. Several methods and techniques are provided for feeding infants while their sphincter between the esophagus and stomach becomes stronger and better able to hold food down.

Descriptors: Infant - nutrition

Appraisal: The small print, lengthy text, and unfamiliar words may make this pamphlet difficult for some to read. The information presented, however, is helpful and the drawings illustrate the positioning techniques.

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- 170 Feeding & caring for infants & children with special needs.** McClannahan, Claudia. Rockville, Md : American Occupational Therapy Association; 1987.

Format: Booklet

Source: AOTA Products, 1383 Piccard Ave., P.O. Box 1725, Rockville, MD 20850, 301-948-9626

Cost: For members: \$4.00/copy, \$30.00 for 10 copies. For non-members: \$5.20/copy, \$40.00 for 10 copies.

NAL Call No.: RJ135.M38

Reading Level: 9th grade

Language: English

Abstract: Feeding and care practices for children with developmental problems are suggested in this how-to manual for parents. Recommendations focus on using nutrition, feeding, movement, and sensory skills to help children reach their growth potential. The manual consists of two parts. Part 1 discusses ways to help an infant develop a sense of his or her body through touch, massage, and different movement experiences. Part 2 examines important feeding skills and how to cope with common feeding problems. Daily guidelines for food needs of children weighing 15 to 23 pounds and 24 to 44 pounds are outlined. Recommendations are provided for introducing solid foods and finger foods, using a cup, preventing choking, and taking care of teeth.

Descriptors: Infant - nutrition

Appraisal: Though written for an educated reader, the approach is positive and personal. The material emphasizes individual differences and the need to work closely with health professionals, including a registered dietitian. Material is comprehensive and the drawings and tables are supportive of the text.

- 171 Finger foods are fun.** Seattle, WA : Child Development and Mental Retardation Center, University of Washington; 1987.

Format: Pamphlet

Source: National Maternal and Child Health Clearinghouse, 38th and R Sts., NW, Washington DC 20057, (202) 625-8410

Cost: Up to 10 copies free of charge. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.55

Reading Level: 9th grade

Language: English

Abstract: This pamphlet discusses the feeding of chunks and slices of fruits and vegetables to infants with PKU who are just developing the potential to eat solid food. Tables with the suggested foods and servings are provided.

Descriptors: Infant - nutrition

Appraisal: Although not reflected in the title, this pamphlet focuses on introducing textured foods into the diets of children with PKU. The charts for low phenylalanine foods include serving sizes and phenylalanine content as well as tips for when the child may be ready to progress to more advanced food experiences. Illustrations printed under the charts are distracting and make the information difficult to read.

-
- 172 Is a chubby baby a healthy baby?** Revised. Jackson, MS : Mississippi State Dept. of Health; 1986.

Format: Single sheet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.156

Reading Level: 4th grade

Language: English

Abstract: This sheet discusses the reasons for preventing an infant from becoming overweight and how parents can prevent their infant from becoming fat.

Descriptors: Infant - nutrition

Appraisal: A few simple concepts are presented in a clear, well illustrated manner, which is appropriate for the target audience. The writing approach is positive and personal.

- 173 Is your baby spitting up a lot?**
Englewood, CO : Nutrition Division, Tri-County Health Dept; Not dated.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.260

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides information about the problem of spitting up to parents of infants. Feeding suggestions, and when parents should call the doctor or clinic are discussed.

Descriptors: Infant - nutrition

Appraisal: The explanation and tips on dealing with reflex are helpful and the writing approach is personal. Author mentions reducing amount of solid food given, but some health professionals recommend thickened feedings. The print size is large and illustrations contribute to the material.

- 174 Overweight baby.** Lincoln, NE : Nebraska Dept. of Health, Nutrition Division; Not dated.

Format: Single sheet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.47

Reading Level: 7th grade

Language: English

Abstract: This sheet provides advice to parents of overweight babies about how they should respond to their infant's weight. Suggested behavior includes: limit the infant's consumption of cookies, candy, and sweet desserts; limit the use of gravies, fats, and oil in the preparation of the child's food; encourage exercise by moving the baby's arms and legs in playful motions or by placing toys and play objects out of the baby's reach; check food portion sizes; and do not force the baby to finish a bottle or clean a plate if the baby appears full.

Descriptors: Infant - nutrition

Appraisal: Good suggestions are provided for overweight infants. This sheet is brief and to the point.

- 175 Teddy bears and bean sprouts: the infant and vegetarian nutrition.** Ivens, Barbara J.; Weil, William B. Fremont, MI : Gerber Products Co; 1984.

Format: Booklet

Source: Gerber Products Co., Attn: Professional Communications, 445 State St., Fremont, MI 49412

Cost: 1-300 copies free. May reproduce with written permission.

NAL Call No.: RJ216.I8

Reading Level: 9th grade

Language: English

Abstract: Nutrients required for optimal infant growth and development are discussed in seven chapters. Chapters 1 and 2 discuss vegetarian practices or food patterns and the required daily nutrients, emphasizing calories and proteins. Chapter 3 discusses the requirements infants have for iron, vitamin B12, folacin, and calcium, and vitamin D. Chapter 4 covers breastfeeding and formula. Chapters 5 and 6 discuss the need for supplemental foods and variety. Chapter 7 covers the individuality of each baby, and summarizes the information presented previously.

Descriptors: Infant - nutrition

Appraisal: This book is comprehensive, and for an educated reader. Some outdated information is included, for example, it recommends books printed in 1971 and 1976 and includes a statement that complimentary proteins must be eaten at the same time. Material emphasizes planning and balancing vegetarian infant diet for proper growth and good health.

-
- 176 Treating infant constipation.** Mt. Holly, NJ : Burlington County WIC Program; 1988.

Format: Pamphlet

Source: Burlington County WIC, Woodlane Rd., Mt. Holly, NJ 08060

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.103

Reading Level: 10th grade

Language: English

Abstract: This folded sheet discusses infant constipation and how to prevent and/or treat it.

Descriptors: Infant - nutrition

Appraisal: This useful, accurate information is presented in a smooth flowing text. Print can be seen through paper which makes reading difficult.

- 177 When your baby has diarrhea: a parent's guide.** Revised. Bismarck, ND : North Dakota State Dept. of Health, Division of Maternal & Child Health, Native American Maternal & Child Health Project; 1987.

Format: Single sheet

Source: North Dakota State Dept. of Health & Consolidated Laboratories, Division of Maternal & Child Health, 600 E. Boulevard Ave., Bismarck, ND 58505-0200

Cost: Single copy free. Send self-addressed, stamped 6 x 9 envelope. May reproduce with credit given to source.

NAL Call No.: Graphic no.124
1987 F&N

Reading Level: 8th grade

Language: English

Abstract: This sheet is designed to inform native American parents how to care for their children with diarrhea. The sheet describes how to feed both breastfed and formula fed babies for two days. The replacement of fluids is stressed. Symptoms to note for seeking physician care and some liquid recipes are included.

Descriptors: Infant - nutrition

Appraisal: Lengthy directions are given in very small print. The sheet recommends that the caretaker record on paper every diaper change and feeding. Recipes for jello water, rice water, and others are helpful.

Infant Feeding Audiovisuals

- 178 Baby bottle tooth decay: (Hmong title: Lub raaj txiv mig nws ua rua miv nyuas cov nav mob).** Madison, WI : Del Brown; 1989.

Format: Slides with script, cassette, (31 slides; 8 minute cassette)

Source: Del Brown, Photographic Media Center, 45 N. Charter St., Madison, WI 53706

Cost: \$38.00

NAL Call No.: Slide no.328

Language: Hmong

Abstract: This slide program presents information on baby bottle tooth decay in the Hmong language only. The program illustrates the damage that can be caused to baby's teeth by allowing an infant to carry a bottle all day or putting an infant to bed with a bottle.

Descriptors: Infant - nutrition

Appraisal: This slide set is an adaptation of "Bright from the Start." It is in Hmong only with an accompanying script in English and Hmong. People pictured in slides are Hmong. There are no beeps or tones on the tape to signal when to advance slides. Therefore, English speakers need to be familiar with the script before showing the program. Overall, this slide show is a concise yet thorough overview of baby bottle tooth decay prevention. (Note: Hmong translation was not evaluated).

- 179 **Bright from the start: the story of the nursing bottle and your child's teeth.** (Spanish title: *Brillante desde el principio: una historia de los dientes de su hijo*). Washington, DC : D.C. Dental Society; 1989.

Format: Video, VHS, 1/2", (11 min., 31 sec.)

Source: Universal Health Associates, P.O. Box 65465, Washington, DC 20035 (202) 429-9506

Cost: \$75.00 Specify VHS or Beta.

NAL Call No.: Videocassette no.718; Videocassette no.719(Spanish)

Language: English, Spanish

Abstract: This video program discusses preventive dental care for infants. It opens by showing the damages which can be done by putting a baby to sleep with a bottle. The program then discusses the benefits of breastfeeding, the control of sugar products for infants, the proper use of bottles, and when to introduce cups and glasses.

Descriptors: Dental caries in children - prevention; Bottle feeding; Children - nutrition

Appraisal: This is a slide presentation in video format. The illustrations of baby bottle tooth decay is very graphic. Enough time is given to each section for understanding to take place.

- 180 **Feeding your child.** Revised edition. Evanston, IL : PRI; 1986.

Format: Video, VHS, 1/2", (13 min.)

Source: Professional Research Inc., The Altschul Group, 930 Pitner Ave., Evanston, IL 60202 (800) 421-2363

Cost: \$295.00 + \$3.00 shipping and handling.

NAL Call No.: Videocassette no.277 1986; Videocassette no.823 (Spanish)

Language: English, Spanish

Abstract: Practical guidelines for feeding infants and young children are presented in this videocassette. Advantages of both breastfeeding and bottle feeding are identified. Dietary recommendations for breastfeeding mothers, and formula preparation instructions are outlined.

Descriptors: Breastfeeding; Infant - nutrition

Appraisal: The strong points of the video are the wide representation of ethnic groups and the inclusion of the father in the feeding of the child. The weak points are 1) discussion of the four food groups without telling the foods in each group, 2) exclusion of the nutritionist or dietitian from the list of contacts for further assistance, 3) failure to define empty calories, and 4) dated appearance.

- 181 **First foods for Bryan.** West Lafayette, IN : Department of Foods and Nutrition, Purdue University; 1984.

Format: Slides with script, cassette, (80 slides)

Source: Dept. of Foods and Nutrition, Stone Hall, Purdue University, West Lafayette, IN 47907

Cost: \$57.00

NAL Call No.: Slide no.292

Language: English

Abstract: This slide/tape program presents, in the setting of friends talking, the facts about what to and what not to feed babies. The ages involved range from four months to about one year old and the foods range from breast milk or formula to finger foods. It also discusses when to introduce new foods.

Descriptors: Baby foods; Infant - nutrition

Appraisal: This slide program is an excellent review of infant feeding for the target audience. There are one or two outdated or confusing slides, but overall the pace and continuity are good. The drawings are adequate. Music and a smoother delivery from one of the speakers would have improved the overall quality.

- 182 How to prepare a baby's bottle correctly.** Atlanta, GA : Infant Formula Council; 1983.

Format: Slides with script

Source: Infant Formula Council, 5775 Peachtree-Dunwoody Rd., Suite D, Atlanta, GA 30342, (404) 252-3663

Cost: \$10.00

NAL Call No.: Slide no.164 F&N; Slide no.165 F&N (Spanish)

Language: English, Spanish

Abstract: This package contains a five minute script and corresponding slides, as well as brochures by the Infant Formula Council. Colorful slides present the proper preparation of infant formula for mothers who do not breastfeed or who supplement breastfeeding. The Infant Formula Council acknowledges breastfeeding as the preferred mode of infant feeding, and the script provided notes the superiority of breast milk.

Descriptors: Infant - nutrition

Appraisal: The group leader sets the pace because there is a script, not a tape. The instructions for preparing bottles are simple and thorough. The accompanying booklet (instructor must order them) was written for a highly educated reader. Another pamphlet addresses issues such as formula stains on clothes and microwaving bottles.

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- 183 Infant care.** Los Angeles, CA : Churchill Films; 1987.

Format: Video, VHS, 1/2", (22 min.)

Source: Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025-9816, (800) 334-7830 (213-207-6600 in CA)

Cost: \$330 for video, \$440 for film

NAL Call No.: Videocassette no.392

Language: English

Abstract: This film explores all aspects of newborn care during the first eight weeks of a baby's life. Two nurses demonstrate proper procedures for changing diapers, holding infants, breast and bottle feeding, and cleaning babies. A pediatrician gives advice on how to comfort a crying baby. Couples with their babies are shown at home and in a newborn care class

Descriptors: Infant - nutrition

Appraisal: This well-paced film is a comprehensive overview of infant feeding and care of the infant. Fathers are shown in very positive roles in the feeding, bathing and general comforting of the infant. This would be an excellent film to use in a clinic in which the teaching is integrated into comprehensive parenting course. The orientation appears to be more towards middle class parents.

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- 184 Nutrition for the newborn.** Malibu, CA : The Polished Apple; 1983.

Format: Video, VHS, 1/2", (43 min.); Slides with script, cassette, (227 slides); Filmstrip

Source: The Polished Apple, P.O. Box 962, Pacific Palisades, CA 90272-9907 (213) 459-2630

Cost: \$99.75

NAL Call No.: Videocassette no.772; Slide no.334; RJ216.N777 F&N AV (filmstrip)

Language: English

Abstract: This three-part program discusses all aspects of feeding a baby including breastfeeding, formula feeding, and supplemental foods. It discusses the proper techniques for feeding and introduction of supplemental foods.

Descriptors: Breastfeeding; Infant - nutrition

Appraisal: The technical quality of this slide presentation in a video format is very good. The three-part series addresses the concerns and doubts of new mothers regarding early feeding decisions. Mothers are not criticized for the choices (breastfeeding or formula) they have made.

- 185 **Time to eat!: nutrition for young children.** West Lafayette, IN : The Center for Instructional Services, Indiana Cooperative Extension; 1984.

Format: Video, VHS, 1/2", (29 min.)

Source: Agricultural Communication Service, Media Distribution Center, 301 South 2nd St., Lafayette, IN 47905-1092

Cost: \$15.00

NAL Call No.: Videocassette no. 642

Language: English

Abstract: Discusses how to make mealtime enjoyable, what foods are right for children of different ages, how to prepare foods children will eat, and how to save money on groceries.

Descriptors: Infant - nutrition; Children - nutrition; Breastfeeding

Appraisal: Although it is a lengthy program, the combination of demonstrations, lectures, short dramas, and contributions from health professionals and parents help to maintain the viewer's interest. It may be difficult to target this film to specific audiences since it covers feeding recommendations from the newborn through toddler periods. The best use of this film may be to select portions of it to support individual lessons such as breast vs. bottle feeding, introduction of solids, making your own baby food, etc.

Feeding the Young Child

Overview of Child Feeding

- 186 Chew chew slo-o-owly: prevent food choking in your children** (Spanish title: *Chew chew slo-o-owly : prevenga que los niños se ahogen con alimentos*). Revised. Riverside, CA : Child and Adolescent Health Program/CHDP, Dept. of Public Health, County of San Bernardino; 1987.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.211a-b

Reading Level: 4th grade

Language: English, Spanish

Abstract: This folded sheet provides information about prevention of choking on food in young children. Topics include: preparation of certain foods for consumption by young children, teaching children good eating behavior to prevent choking, and foods to avoid which are choking risks for young children.

Descriptors: Children - nutrition

Appraisal: This is an excellent pamphlet to use with caretakers of small children. The ways presented to make foods less likely to cause choking is especially useful. Graphics are attractive, using a "chew chew" train.

- 187 Eating for health and fun: facts about feeding children age 1 to 5.** East Lansing, MI : Michigan Dept. of Public Health, Michigan State University, Cooperative Extension Service, Michigan State Board of Education; 1988.

Format: Pamphlet

Source: Michigan Dept. of Public Health, 3423 N. Logan, P.O. Box 30195, Lansing, MI 48909

Cost: Letterhead request, indicating form number and quantity. Multiple copies to Michigan WIC agencies. Single copy free for out of state. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.41

Reading Level: 6th grade

Language: English

Abstract: This folded sheet provides suggestions to parents about feeding children from ages one to five. The recommendations are intended to improve eating habits and make eating an enjoyable experience.

Descriptors: Children - nutrition

Appraisal: Suggested daily eating guide chart is detailed and includes suggestions to help children have good food experiences. The importance of exercise is included in this extensive pamphlet.

- 188 Feeding little children: a guide : one to six years of age.** Oklahoma City, OK : Nutrition Branch, OCA, Indian Health Service; 1989.

Format: Pamphlet

Source: Oklahoma City Area Indian Health Service, 215 Dean A. McGee St. NW, Room 409, Oklahoma City, OK 73102

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: E75.A5 [no.A-21]
1989

Reading Level: 5th grade

Language: English

Abstract: Designed to educate the native American population about nutritious eating for children one to six years of age, this pamphlet presents several food-related suggestions. Tips on meal serving, types of food, and bottle feedings are reinforced by short descriptions of foods to include and exclude in the child's diet.

Descriptors: Children - nutrition

Appraisal: A great deal of information is given without a lot of pictures. The information is excellent but the reader might get tired before the pamphlet is completed.

- 189 Feeding our future: guidelines for feeding children, ages 1 thru 6.** Pierre, SD : South Dakota Dept. of Health, Nutrition Services; Not dated.

Format: Pamphlet

Source: South Dakota Dept. of Health, Nutrition Services, 523 E. Capital, Pierre, SD 57501

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.143

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides guidelines for feeding children during the ages of one to six. Suggested food items and serving sizes for the various ages are given. Vitamin C foods, vitamin A foods, and healthy snacks are listed.

Descriptors: Children - nutrition

Appraisal: The food chart is very easy to understand. It breaks down the four food groups into foods most often used to feed children. Black and white photograph on cover detracts from the pamphlet.

- 190 Feeding your child after the 1st birthday.** Montgomery, AL : Alabama Dept. of Public Health; 1987.

Format: Pamphlet

Source: Alabama Dept. Public Health, WIC Division, 434 Monroe St., Montgomery, AL 36130

Cost: Single copy free. Send self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.164

Reading Level: 5th grade

Language: English

Abstract: This folded sheet and inserts provide information about feeding a child between the ages of one and five years. Topics discussed include: constipation, the overweight child, vomiting or diarrhea, and developing good eating habits. A daily food guide for one to five year olds is provided.

Descriptors: Children - nutrition

Appraisal: This well-organized material covers most aspects of child nutrition. The pocket format is innovative and allows the nutritionist to insert single concept leaflets which would tailor the handout to individual nutrition plans.

- 191 Feeding your one year old.** Concord, NH : New Hampshire Division of Public Health Services, Bureau of WIC Nutrition Services; 1988.

Format: Pamphlet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: Single copy free with self-addressed, stamped envelope. May reproduce with prior notification.

NAL Call No.: TX361.W55W52 no.139

Reading Level: 6th grade

Language: English

Abstract: This folded sheet describes the foods a one year old should be eating and reminds readers that the WIC Program will provide certain foods if necessary. Feeding tips about children's appetites, cup use, nursing bottle mouth, and choking are included.

Descriptors: Children - nutrition

Appraisal: The four food groups are used to present the type and amount of foods a one year old child needs. All WIC foods are listed. The nutrients the foods are high in are named, but functions are not always given. Excellent feeding tips are included.

- 192 Feeding your toddler.** Boston, MA : Children's Hospital, Dept. of Nutrition & Food Service; 1987.

Format: Pamphlet

Source: The Children's Hospital, Dept. of Nutrition & Food Service, 300 Longwood Ave., Boston, MA 02115

Cost: \$.15/copy

NAL Call No.: TX361.W55W52 no.127

Reading Level: 5th grade

Language: English

Abstract: This folded sheet discusses feeding young children. Types of food to be served, size of portions, iron-rich foods, and nutritious snacks are considered. Suggested solutions for toddler food eating problems such as refusing milk, drinking too much milk, refusing meat, refusing fruits and vegetables, and eating too many sweets are presented.

Descriptors: Children - nutrition

Appraisal: The pamphlet would be appropriate to use with caretakers of children ages one to three. Problems of food refusal are addressed. The serving sizes of the bread group items in the food chart are hard to understand. Special consideration is given to iron rich foods and nutritious snacks.

- 193 Food & healthy teeth for toddlers.** Pittsburgh, PA : Nutrition Services/WIC Program, Allegheny County Health Dept.; 1989.

Format: Pamphlet

Source: Allegheny County Health Dept., 239 Fourth Ave., Investment Bldg., Pittsburgh, PA 15222

Cost: May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.36

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the importance of baby teeth and how decay and loss of these teeth can be avoided. Nursing bottle syndrome, snacks which do not cause tooth decay, and proper dental care are discussed.

Descriptors: Infant - nutrition

Appraisal: Good information is provided on the relationship of food to oral health. The back page is devoted to information about dental services in Allegheny County, PA.

- 194 Food for children 1-5.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; 1989.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free. Send self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.39

Reading Level: 3rd grade

Language: English

Abstract: This folded sheet provides suggestions about feeding a child aged one to five years. Serving sizes and number of servings from the milk, meat, fruit and vegetable, and the bread and cereal groups are given.

Descriptors: Children - nutrition

Appraisal: Food guidelines are simple. Fruit and vegetable group does not mention vitamin A or vitamin C foods. The section entitled "Who is feeding your child?" emphasizes that parents should make sure children get the food they need when cared for by others.

- 195 Food for children, ages 1-6.** Nashville, TN : Tennessee Dept. of Health and Environment; Not dated.

Format: Pamphlet

Source: Tennessee Dept. of Health & Environment, Division of Nutrition/Supplemental Food Programs, C2-233 Cordell Hull Bldg., Nashville, TN 37219

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.100

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides suggestions for foods to serve children between the ages of one to six. A list of foods, a suggested meal plan, suggested serving sizes, and tips for feeding young children are provided.

Descriptors: Children - nutrition

Appraisal: The food guide and sample meal plan are appropriate though more creative ideas could have been included, as only single foods are listed. Illustrations are simple, but dull. The feeding suggestions are helpful.

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- 196 Food for the preschooler vol. 1-3.** Revised. Lincoln, NE : Nebraska Dept. of Health, Maternal and Child Health/Nutrition Division; 1981.

Format: Booklet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Send self-addressed, stamped envelope for single copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.52a-c

Reading Level: 9th grade

Language: English

Abstract: The three booklets provide brief, simple advice for helping children develop good eating practices. Volume I discusses appetite; Volume II discusses food habits and preferences; and Volume III offers information on dental health, obesity, television advertising, salt intake, and the "Dietary Guidelines for Americans".

Descriptors: Children - nutrition; Infant - nutrition

Appraisal: These booklets provide comprehensive information regarding health issues for children. Attractive illustrations add to the information presented. Volumes I - III should be used together to make an excellent package to share with parents throughout their participation in WIC.

- 197 A Food guide for the first five years: tips for feeding children one through five.** Revised. Chicago, IL : Education Dept., National Live Stock and Meat Board; 1988.

Format: Booklet

Source: National Live Stock & Meat Board, Education Dept., 444 N. Michigan Ave., Chicago, IL 60611

Cost: \$.25/each for 1-9 copies; \$.20/each for 10-99 copies, \$.15/each for 1+ copies. May reproduce with written credit.

NAL Call No.: RJ206.F6 1988

Reading Level: 9th grade

Language: English

Abstract: This booklet was developed to serve as a guide for planning a well balanced nutritious diet and offers tips for feeding children one to five years of age. Food guides have been provided to help people choose the appropriate amount and variety of food to achieve a balanced diet. Topics include: maintaining a child's good health, functions of key nutrients, assessing normal growth, feeding tips for young children, understanding weight control, and serving nutritious snacks and beverages.

Descriptors: Children - nutrition

Appraisal: This useful booklet is for highly educated caretakers who want a comprehensive guide to child nutrition. Recommends four servings from each food group, with different serving sizes for each age group. Some of the snack ideas are great for example, fruit and yogurt parfaits and frozen applesauce cubes.

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- 198 Foods for young children: a guide for feeding the 1-5 year old.** Denver, CO : Colorado Dept. of Health, Nutrition Services; 1985.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. Specify English (#360) or Spanish (#362). May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.152

Reading Level: 7th grade

Language: English, Spanish

Abstract: This folded sheet and insert describe what foods to feed a child, what quantity of food to provide, and how to encourage healthy eating habits in children. A sample meal pattern and healthy snacks are also discussed.

Descriptors: Children - nutrition

Appraisal: This pamphlet is colorful, cheerful and a comprehensive presentation of foods for young children. The Spanish version is only one color. However, Spanish reviewers indicated that the translation would be suitable for all Hispanic groups. The pamphlet lists six 1/2 cup servings of dairy products for all, even the one year old, and six 1/2 slice portions of breads for the four to five year old.

- 199 From small to tall with WIC foods.** Jackson, MS : Mississippi State Dept. of Health, Bureau of Personal Health Service, WIC Program; 1982.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.134

Reading Level: 6th grade

Language: English

Abstract: This pamphlet describes how to feed a child with nutritious food in order to promote health and growth. A general menu pattern, suggestions for nutritious snacks, and a description of child food needs are provided.

Descriptors: Children - nutrition; Special Supplemental Food Program for Women, Infants, and Children

Appraisal: Good information is included on the food needs of children ages one to five and tips for feeding children. There are pictures of foods labeled "WIC and the Basic Four" that are slightly confusing. Snack ideas use many WIC foods.

- 200 Good eaters--not tiny tyrants: feeding children ages 3- 5.** Chicago, IL : American Dietetic Association; 1986.

Format: Pamphlet

Source: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995 (312) 899-1745

Cost: \$3.95/25 copies. Minimum order of \$10.00. Bulk discounts available.

NAL Call No.: TX361.W55W52 no.56

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides information to parents concerning feeding their children aged three to five years. Topics include: quantity of food to be served, frequency of feeding, what foods are best, the problem of the child on a food jag, and sugar and other sweets.

Descriptors: Children - nutrition

Appraisal: The information presented is helpful to caretakers and the recommendations are accurate and current. The long sentences and many unfamiliar words may make the material difficult for some members of the target audience to read.

- 201 Good food habits: a gift for a lifetime.** Jackson, MS : Nutrition Services, Mississippi State Dept. of Health; 1986.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.68

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides recommendations concerning the foods and serving sizes that should be fed to children up to age six.

Descriptors: Children - nutrition

Appraisal: This pamphlet presents ideas on developing healthy food habits in children in an attractive format. The guide for servings of food groups could also be used as a poster.

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- 202 How to get your kid to eat-- but not too much.** Satter, Ellyn. Palo Alto, CA : Bull Publishing Co.; 1987.

Format: Book, 396 pages

Source: Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302-0208, (415) 322-2855

Cost: \$12.95

NAL Call No.: RJ206.S25

Reading Level: 9th grade

Language: English

Abstract: This text provides advice to parents concerning the eating patterns and behavior of their child from birth to adolescence. Sections on basic principles of feeding, feeding as your child grows, and special feeding problems are included.

Descriptors: Children - nutrition

Appraisal: Although the reading level of this book is the ninth grade level, many participants will be able to comprehend the major themes through the numerous "real life" examples given. This would be a welcome addition to a lending library or as a reference to moms who want more information on feeding .

- 203 Kids like --.** Concord, NH : Distributed by New Hampshire Division of Public Health Services, Bureau of Maternal and Child Health, WIC Program; 1986.

Format: Single sheet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: Single copy free with self-addressed, stamped envelope. May reproduce with prior notification.

NAL Call No.: TX361.W55W52 no.144

Reading Level: 8th grade

Language: English

Abstract: This sheet makes suggestions for foods to be fed to children. Finger foods of bright color with mild flavors are recommended. Six small meals instead of three large ones and nutritious snacks are discussed.

Descriptors: Children - nutrition

Appraisal: Many good foods are listed for snacks or meals. Using snacks for meals is suggested for a child who doesn't seem to be eating meals. Balancing a diet through the four food groups is not suggested.

- 204 Nutrition for your preschoolers.** Revised. Harrisburg, PA : Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion; 1987.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free.

NAL Call No.: TX361.W55W52 no.50

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides suggestions for developing good eating habits and behavior in preschoolers. Daily servings of food from the four food groups are recommended. A suggested meal pattern and a note about snacks are included.

Descriptors: Children - nutrition

Appraisal: The pointers for parents can be very helpful to a child's caretaker. The vocabulary used is advanced. In the daily food chart, the recommended serving size for fruits, vegetables and meats is listed in a separate section. The back cover has PA Dept. of Health's Toll Free State Health line listed.

- 205 Nutrition fundamentals for toddlers.** Tallahassee, FL : Florida Dept. of Citrus; 1989.

Format: Pamphlet

Source: National Association of Pediatric Nurse Associates & Practitioners, 1101 Kings Hwy., North, Suite 206, Cherry Hill, NJ 08034

Cost: \$10.00/100 copies or \$1.00 each. All orders must be pre-paid by check or money order. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.213

Reading Level: 7th grade

Language: English

Abstract: This folded sheet describes the unpredictable eating habits of toddlers and recommends strategies for parents who are trying to feed a young child.

Descriptors: Children - nutrition

Appraisal: This pamphlet has a catchy format and lists practical suggestions for parents to try with toddlers. It mentions use of "Florida orange juice" and this may be a potential drawback.

- 206 Pre-school feeding guide.** Revised. Boston, MA : Massachusetts WIC Program; 1985.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52 no.244

Reading Level: 4th grade

Language: English, Cambodian, Chinese, French, Laotian, Portuguese, Spanish, Vietnamese

Abstract: This sheet discusses the nutrients needed by young children, what foods contain these nutrients and how they should be consumed by an average child. Building good eating habits and keeping teeth healthy are also discussed.

Descriptors: Children - nutrition

Appraisal: Several topics are covered adequately and accurately. The print can be seen through the pages and is distracting. Authors could have included information on snacks, exercise, and other relevant topics.

- 207 Progress with food problems.** Denver, CO : Nutrition-WIC, Colorado Dept. of Health; 1985.

Format: Single sheet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.38

Reading Level: 5th grade

Language: English

Abstract: This sheet discusses the responses a parent may make to various food and eating problems that may be experienced with a child. Problems examined include: introducing new foods, food dislikes, refusal to eat, dawdling or playing with food, and food jags.

Descriptors: Children - nutrition

Appraisal: The content of the material is very good. Over one-half of the information is printed in cursive style print which makes the information difficult to read.

- 208 Sensible eating during childhood** (Spanish title: Plan de alimentación para niños de uno a seis años de edad). Minneapolis, MN : General Mills; 1985.

Format: Pamphlet

Source: General Mills, Inc., P.O. Box 1113, Minneapolis, MN 55440

Cost: 500 copies free to WIC agencies.

NAL Call No.: TX364.W52

Reading Level: 5th grade

Language: English, Spanish

Abstract: This pamphlet discusses basic child feeding concepts. The basic food groups and the variety of foods required to feed a child properly are discussed. Topics include: dental care for healthy teeth, meals and snacks, daily menu plan and sample menu, and eating behavior of children.

Descriptors: Children - nutrition

Appraisal: Most of the general information for feeding children is good. General Mills cereals that may be approved for WIC in some states are listed on the back cover. This might influence a client to select these cereals.

- 209 Toddler feeding tips.** Marr, Tim. Berlin, NH : Coos County Family Health Services; 1989.

Format: Pamphlet

Source: Coos County Family Health Services, 54 Willow St., Berlin, NH 03570

Cost: Up to 3 copies free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.212

Reading Level: 7th grade

Language: English

Abstract: This folded sheet describes when, why, and how a child should be weaned and offers feeding tips for the toddler.

Descriptors: Children - nutrition

Appraisal: Good ideas are presented. More pictures would brighten up the material. Pasta recipes use sugar or salt which could be eliminated.

210 What to feed my child?

Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1985?

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$10/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.207a-d

Reading Level: 5th grade

Language: English, Spanish, Cambodian, Vietnamese

Abstract: This folded sheet describes various foods and serving amounts to be fed to children during the ages of one to five years. A sample menu and other suggestions concerning eating habits and behavior are provided.

Descriptors: Children - nutrition

Appraisal: Pamphlet is well organized and attractive. Nutritionist can personalize it by writing child's name and special notes in spaces provided. It is appropriate for target audience.

211 Your child's weight. Madison, WI : Division of Health, Wisconsin Dept. of Health and Social Services; 1986.

Format: Pamphlet

Source: Wisconsin Dept. of Health and Social Services, Division of Health, P.O. Box 309, 1 W. Wilson, Madison, WI 53701

Cost: Single copy free. May reproduce with credit given to source. Order # POH 4100.

NAL Call No.: TX361.W55W52 no.53

Reading Level: 5th grade

Language: English

Abstract: This folded sheet encourages parents to help their children stay healthy by making good food choices, practicing healthy eating habits, and encouraging activity. Healthy snack foods, methods of developing healthy eating habits, and various physical activities appropriate for a child are discussed. A parent's responsibility for providing a nutritious diet for their children is emphasized.

Descriptors: Children - nutrition

Appraisal: Good suggestions for promoting healthy food choices and eating habits are provided. Suggested activities allow parent to identify and check off goals for helping to develop good eating habits.

- 212 Your growing child (Spanish title: Crecimiento de su niño.).**
Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1985.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free, \$8.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.176a-b

Reading Level: 4th grade

Language: English, Spanish

Abstract: This folded sheet discusses the role of food choices, eating habits, and activity in the healthy growth of a child. Parents are encouraged to follow their child's development with a growth chart.

Descriptors: Children - nutrition

Appraisal: A few important concepts are presented accurately along with supportive, multiethnic illustrations. The writing approach involves the reader and the key concepts are reviewed several times. Another pamphlet is referred to for additional information on meal planning.

Planning Meals for the Young Child

- 213 But mom--I hate vegetables (Spanish title: ¡Pero mamá--no me gustan los vegetales!).**
Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1983.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.169a-b

Reading Level: 7th grade

Language: English, Spanish

Abstract: This folded sheet provides cooking tips for mothers who have children who are not fond of vegetables.

Descriptors: Children - nutrition

Appraisal: Many different ideas are presented for serving vegetables to children. Recipes are not included. The Spanish version has a good format, but *mezelelos* is misspelled.

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- 214 Child-size servings.** Kitos, Gwyn.
Lawrence, KS : Lawrence-Douglas County Health Dept.; 1982.

Format: Pamphlet

Source: Lawrence-Douglas County Health Dept., 336 Missouri, Lawrence, KS 66044

Cost: Single copy free.

NAL Call No.: TX361.W55W52 no.220

Reading Level: 6th grade

Language: English

Abstract: This folded sheet makes recommendations about the size and number of servings of various foods that should be served to children aged one to five years. Other mealtime ideas are presented to make eating a pleasant and healthy experience for young children.

Descriptors: Children - nutrition

Appraisal: Foods that contain vitamins A and C are recommended in the food guide, but examples are not given. Serving size information is good.

- 215 Feeding the fussy eater.** Augusta, ME : Maine Dept. of Human Services; 1987.

Format: Pamphlet

Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333

Cost: Single copy free, otherwise \$.10 copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.243

Reading Level: 6th grade

Language: English

Abstract: This folded sheet makes recommendations about how to respond to unusual eating behavior that a child may develop. Such problems include: poor appetite, food jags, refusal to eat, and food dislikes.

Descriptors: Children - nutrition

Appraisal: This pamphlet presents good suggestions to deal with common problems in feeding children. Recipes included are good sources of many nutrients.

- 216 The growing child.** Concord, NH : New Hampshire Division of Public Health Services, Bureau of WIC Nutrition Services; 1989.

Format: Pamphlet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: Single copy free with self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.45

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides suggestions for feeding children from one to five years of age. Food sources for various nutrients, serving sizes, and frequency of servings are discussed.

Descriptors: Children - nutrition

Appraisal: Vertical titles and dark paper may make this pamphlet difficult to read. Helpful suggestions for feeding preschoolers are included.

- 217 Mealtimes for small fry.** Columbus, OH : Ohio Dept. of Health, Nutrition Division; 1987.

Format: Booklet

Source: Ohio Dept. of Health, P.O. Box 118, Columbus, OH 43266-0118

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.214

Reading Level: 6th grade

Language: English

Abstract: This booklet presents ideas for presenting food to toddlers and how to make mealtime a pleasant experience for young children.

Descriptors: Children - nutrition

Appraisal: A variety of food topics are discussed concerning very young children. The material gets wordy at points.

- 218 On feeding time -- for the picky eater.** Boston, MA : Massachusetts WIC Program; 1981.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52 no.258

Reading Level: 6th grade

Language: English, Spanish

Abstract: This folded sheet provides suggestions to parents of toddlers who are picky eaters concerning attitudes and approaches the parents can take toward this eating behavior.

Descriptors: Children - nutrition

Appraisal: The major points of the sheet are written in balloons. This is slightly distracting. The ideas for nutritious foods include some foods that small children are more likely to choke on.

- 219 Picky eaters: special concerns for young children ages 1 to 8 years.** Detroit, MI : Detroit Department of Health; 1985.

Format: Pamphlet

Source: Detroit Dept. of Health, 1151 Taylor, Room 208C, Detroit, MI 48202

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.57

Reading Level: 6th grade

Language: English

Abstract: This folded sheet provides suggestions to parents concerning the eating habits and behavior of children who are considered "picky eaters." Recommendations include: allow the child to help select foods, provide foods which are easy to handle, serve foods mild in flavor, varied in texture, and bright in color, and serve foods in child size portions.

Descriptors: Children - nutrition

Appraisal: The hints to use with a picky eater are helpful. There is a section in the back for nutritionists to write special instructions for the client. Print can be seen through paper and is distracting.

Snacks for the Young Child

- 220 Good snacks for kids.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; 1989.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope.

NAL Call No.: TX361.W55W52 no.40

Reading Level: 2nd grade

Language: English

Abstract: This folded sheet provides suggestions for snack foods for kids. Foods to be avoided and a warning about choking are provided.

Descriptors: Children - nutrition

Appraisal: This simple and clear presentation is printed on heavy, semi-gloss paper with supportive illustrations. The foods listed are plain and nutritious, but no recipes are included. Black and white graphics and photographs give this pamphlet a stark appearance.

- 221 **Happiness is good snacks.** Jackson, MS : WIC and Nutrition Services, Mississippi State Dept. of Health; 1983.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC Programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.218

Reading Level: 4th grade

Language: English

Abstract: This folded sheet recommends various foods as healthy snacks for children. Snacks that are attractive, fun to eat, and promote dental health are stressed. Snacks that harm teeth are described.

Descriptors: Children - nutrition

Appraisal: A good variety of nutritious foods are presented as ideas for possible snacks. Foods are placed into categories according to texture, shape, color and temperature. Good emphasis is placed on positive dental nutrition.

- 222 **Healthy snacks.** Albany, NY : New York State WIC Program; Not dated.

Format: Single sheet

Source: Tompkins County WIC, 401 Harris B. Dates Dr., Ithaca, NY 14850-1386

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.115

Reading Level: 7th grade

Language: English

Abstract: This sheet describes healthy snacks which can be served to children instead of highly processed, sugary treats. The snacks are selected from the four basic food groups.

Descriptors: Children - nutrition

Appraisal: This sheet includes creative snack ideas using several WIC/CSFP foods. The writer could have included more ethnic foods and guidance for establishing times for feeding snacks to children. The print can be seen through paper.

- 223 Snacks for healthy bodies.**
Revised. Montgomery, AL : Alabama Dept. of Public Health; 1989.

Format: Pamphlet

Source: Alabama Dept. Public Health, WIC Division, 434 Monroe St., Montgomery, AL 36130

Cost: Single copy free. Send self-addressed, stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.237

Reading Level: 5th grade

Language: English

Abstract: This folded sheet describes foods for healthy snacks which can be given to children.

Descriptors: Children - nutrition

Appraisal: The list includes such unique snacks as ice cube trays filled with yogurt, and it also includes foods that should be avoided by young children such as nuts and pretzels. Helpful suggestions are given. Print and leaflet size are small.

- 224 Special snacks for special people.**
Bismarck, ND : North Dakota State Dept. of Health, Division of Maternal and Child Health, Nutrition and Dental Programs; 1986.

Format: Pamphlet

Source: North Dakota State Dept. of Health & Consolidated Laboratories, Division of Maternal & Child Health, 600 E. Boulevard Ave., Bismarck, ND 58505-0200

Cost: Single copy free. Send self-addressed, stamped 6 x 9 envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.48

Reading Level: 8th grade

Language: English

Abstract: This folded sheet provides suggestions and recipes for snacks for kids. The recommendations stress the nutritious, healthful qualities of the snacks and the need for attention to dental health.

Descriptors: Children - nutrition

Appraisal: The recipes given should be enjoyable for most children. Although the section on dental health mentions choosing snacks that do not contain sugar, some of the suggested snacks contain sugar.

Feeding Children with Special Needs

- 225 Adding calories nutritiously: for women and children.** Englewood, CO : Tri-County Health Dept., Nutrition Division; Not dated.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May be reproduced with acknowledgement to agency.

NAL Call No.: TX361.W55W52 no.30

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides suggestions for gaining weight with nutritious foods. A list of snacks that add calories is provided and several high calorie recipes are supplied. Methods for adding calories to meals and snacks are included.

Descriptors: Nutrition; Children - nutrition

Appraisal: A good variety of suggestions and recipes is presented to add nutritious calories to a meal plan.

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- 226 The child with AIDS (human immunodeficiency virus): a guide for the family.** Newark, NJ : United Hospitals Medical Center, Children's Hospital of New Jersey; 1986.

Format: Booklet

Source: Children's Hospital AIDS Program, 15 South 9th St., Newark, NJ 07107

Cost: \$1.00. May reproduce with credit given to source and with prior permission.

NAL Call No.: TX361.W55W52 no.281

Reading Level: 7th grade

Language: English

Abstract: This booklet has been developed to provide medical facts and to share the experiences of other parents whose children have AIDS. The information provides help to parents as they meet the challenge of caring for a child chronically ill with AIDS. Topics include: general information about AIDS, caring for a child with HIV, physical effects of HIV infection, and your family and AIDS.

Descriptors: Children - nutrition

Appraisal: A sensitive treatment of AIDS as it affects the child and the family. Four pages are dedicated to diet and nutrition related issues. An excellent publication for an integrated, family oriented approach to meeting the medical and social needs of pediatric AIDS patients.

- 227 Children and weight control: building lifelong habits.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Pamphlet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Include mailing label, \$.07/copy.

NAL Call No.: TX361.W55W52 no.71

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses what parents can do to help overweight children control their weight. The pamphlet recommends that parents encourage physical activity, help build good food habits, and help the child build self-esteem.

Descriptors: Children - nutrition

Appraisal: Many helpful suggestions are given in an attractive format with clever illustrations. Consumption of lower calorie foods is suggested in the introduction but none are listed. The print is small.

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- 228 Diet and nutrition : a resource for parents of children with cancer.** Bethesda, MD : U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health; 1982.

Format: Pamphlet

Source: Cancer Information Services, Johns Hopkins Oncology Center, Suite 301, 550 North Broadway, Baltimore, MD 21205, (800) 4-CANCER

Cost: Single copies free. May reproduce with credit given to source.

NAL Call No.: RC262.D5 1982; C-2652

Reading Level: 9th grade

Language: English

Abstract: Guidelines and information on the importance of nutrition for cancer patients are presented for the parents of children with cancer. The information resource covers many aspects of diet and nutrition as they relate to the pediatric cancer patient, including the side effects of cancer and cancer therapies, ways to entice the patient to eat, and a variety of special diets. Suggestions are given for dealing with the day-to-day nutritional problems that may arise. A nutrient facts poster for child nutrition and a glossary are included.

Descriptors: Children - nutrition

Appraisal: This booklet is useful for the educated reader. Reader is frequently instructed to consult with the doctor or dietitian. The "special diet" sheets in the back of the handbook can be torn out to post in the kitchen.

- 229 Diet guidelines for children with AIDS.** Mkandawire, Selina C.
Newark, N.J. : Children's Hospital of New Jersey, United Hospitals Medical Center; Special Child Health Services, New Jersey Dept. of Health; Not dated.

Format: Booklet

Source: Children's Hospital AIDS Program, 15 South 9th St., Newark, NJ 07107

Cost: Single copy free.

NAL Call No.: TX361.W55W52 no.276

Reading Level: 11th grade

Language: English

Abstract: This book is designed to help parents of children with AIDS plan meals that are nutritionally adequate. Normal food intake for age is explained with emphasis on the balanced diet. Ways of increasing calories in the home to maximize total calorie and protein intake are explained. The major symptoms in children with AIDS that concern the health care team are fever, weight loss, persistent diarrhea, thrush, nausea, anorexia, dyspnea, and profound fatigue. The diets in this book present possible solutions to these problems.

Descriptors: Children - nutrition

Appraisal: The format is similar to a clinical diet manual but with an introduction to each special diet targeted toward parents. The nutritionist needs to clarify instructions because there are many technical terms and unfamiliar words. Diets need to be individualized because the booklet covers information for children 1 to 18 years of age. The booklet has photocopied pages stapled together with no illustrations.

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- 230 Feeding young children with cleft lip and palate.** Bennett, Virginia; Farnan, Sheila; Thompson, Dale.
Minneapolis, MN : Minnesota Dept. of Health, Services for Children with Handicaps; 1986.

Format: Booklet

Source: Minnesota Dietetic Association, 1821 University Ave., West, Suite S-280, St. Paul, MN 55104, (612) 646-4997

Cost: \$1.50 each for 1-9 copies, \$1.25 each for 10-99 copies, \$1.15 each for 100+ copies.

NAL Call No.: RC815.2.B4

Reading Level: 9th grade

Language: English

Abstract: This booklet gives parents practical help in feeding their baby or child born with cleft lip and/or palate; describes how parents can give their baby or child good nutrition; gives parents a broad range of information to help them ask questions and make observations; and makes it easier for parents to get evaluations and advice about their unique child from health professionals. A bibliography for parents and health professionals is included.

Descriptors: Children - nutrition

Appraisal: Useful information is presented in lengthy text written for an educated audience. The booklet emphasizes informed care and caretaker involvement. The light print on colored paper is difficult to read.

- 231 Foods to grow on: helping your child to gain weight.** Boston, MA : Nutrition Education Task Force, Massachusetts WIC Program; 1989.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered.

NAL Call No.: TX361.W55W52 no.136

Reading Level: 3rd grade

Language: English

Abstract: This folded sheet presents several ideas about helping a child gain weight. Several ideas are given for serving food and adding certain food items to meals to nutritiously add calories. Six recipes and sample menus are provided.

Descriptors: Children - nutrition

Appraisal: The mealtime ideas are simple and to the point. Six easy recipes that use WIC foods are given. By using the sample menus, it is possible to give a child inadequate fruits and vegetables depending on the type of snacks provided.

- 232 Help your child be heart healthy.** Burlington, VT : Vermont Dept. of Health; 1986.

Format: Single sheet

Source: Vermont Dept. of Health, 1193 North Ave., P.O. Box 70, Burlington, VT 05402

Cost: Single free copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.280

Reading Level: 6th grade

Language: English

Abstract: These two sheets describe the health habits which children can be taught in order to lower their risk of heart disease as adults. The recommendations include: keep weight at a healthy level, exercise regularly, eat a low fat diet, and avoid too much sodium. A test is provided which examines eating habits and their health implications.

Descriptors: Children - nutrition

Appraisal: This beneficial heart healthy information is geared to the needs of children. The concept of working together as a family to avoid heart disease is emphasized. The scoresheet is an excellent tool to rate a child's heart health.

- 233 Improving your child's appetite.** Englewood, CO : Nutrition Division, Tri-County Health Dept; 1986.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.261

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides suggestions concerning techniques for improving a child's appetite and consumption of nutritious food.

Descriptors: Children - nutrition

Appraisal: Helpful ideas are offered to parents with children who are underweight. Among the foods that are often mentioned are peanut butter, ice cream, margarine and other fats. The text is lengthy and could have been more appealing with additional drawings. The milkshake recipe includes a raw egg.

- 234 Is your child constipated?** Martinez, CA : Contra Costa County Health Services Dept; 1982.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies.

NAL Call No.: TX361.W55W52 no.28

Reading Level: 8th grade

Language: English

Abstract: This folded sheet informs parents about constipation in children. The publication discusses do's and don'ts for parents concerning constipation and provides suggestions of foods high in fiber which may be used to alleviate this condition.

Descriptors: Children - nutrition

Appraisal: This is a well organized and attractive presentation with creative illustrations to keep the reader's interest. Caretakers of small children need to be told to add extra fiber to the diet slowly.

- 235 Is your child underweight? : What to do?:** (Spanish title: *¿Pesa poquito su niño? : ¿qué hacer?*). Denver, CO : Colorado Dept. of Health ; Colorado Migrant Council; 1979.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.283

Reading Level: 5th grade

Language: English, Spanish

Abstract: This pamphlet describes methods for feeding underweight children so that they will nutritiously gain weight.

Descriptors: Children - nutrition

Appraisal: The topic is covered adequately in a simple, colorful format. Only seven high-calorie foods are mentioned.

- 236 Nutrition and immunity: tips for eating when you are immune-suppressed** (Spanish title: *Nutrición e inmunidad : la alimentación cuando se está inmuno-suprimido*; French title: *Nutrition et immunité : comment vous nourrir si vous souffrez des maladies immuno-dépressives*). New York, NY : Bureau of Nutrition, New York City Dept. of Health; Not dated.

Format: Booklet

Source: New York City Dept. of Health, The Bureau of Nutrition, 93 Worth St., Room 714, New York, NY 10013

Cost: Send 6 1/2" x 9 1/2" stamped (\$.50) envelope with your request. Specify language desired.

NAL Call No.: TX361.W55W52 no.166a-c

Reading Level: 9th grade

Language: English, Spanish, French

Abstract: This pamphlet provides dietary suggestions for individuals who are less resistant to illness or infection. A nutritious diet is recommended as part of the treatment for a suppressed immune system condition. Sample menus, nutritious snack suggestions, tips for relieving nutritional problems, and information on food safety are given.

Descriptors: Nutrition

Appraisal: This well written, organized guide is useful for those who are immune-suppressed. Despite some technical terms, it is easy to read due to the large print and well spaced layout.

- 237 Nutritional care for the child with developmental disabilities.** Birmingham, AL : United Cerebral Palsy of Greater Birmingham, Inc.; 1986.

Format: Pamphlet

Source: United Cerebral Palsy of Alabama, 2430 11th Ave. North, Birmingham, AL 35234

Cost: \$5.00 for series of 5 pamphlets + \$1.00 shipping. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.208

Language: English

Abstract: This series of pamphlets provides relevant information on nutrition to those involved in the care and treatment of developmentally disabled children. Each of the five brochures addresses a major nutritional concern of the child with developmental disabilities and offers dietary measures designed to alleviate the problem. These publications are designed to be used as a guide in planning a nutritionally adequate diet which will promote more normal growth and aid the child in developing to his or her full potential.

Descriptors: Children - nutrition

Appraisal: An excellent series of pamphlets for working with children with developmental disabilities. "Meal Planning for the Childhood Years," provides the foundation upon which the other pamphlets build for discussion of specific nutritional problems. The Basic Food Guide include nutrient requirements based on height for the child who is smaller than chronological age, in addition to the more typical age specific recommendations. Each pamphlet provides a background on the specific problem being addressed prior to making recommendations or providing sample recipes. Although the reading level is high, this is a well written resource for clients with special needs.

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- 238 Overweight children.** Weidenbenner, Ann. Lincoln, NE : Nebraska Dept. of Health, Nutrition Division; Not dated.

Format: Pamphlet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Single copy free. Send self-addressed stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.137

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses the problem of overweight children and methods of prevention of overweight. The focus is on the overweight cycle, health problems related to being overweight, and what can be done to help the child. Low calorie snack and dessert ideas are given.

Descriptors: Children - nutrition

Appraisal: The material tends to be negative in the presentation of the overweight cycle and health problems related to being overweight. The cover illustration is of an overweight boy holding lots of junk food. It might offend some overweight people. Snack and dessert ideas are nutritious and low calorie. The ideas to help an overweight child are useful.

- 239 Overweight kids: what you can do!** Boston, MA : Massachusetts WIC Program, Nutrition Education Task Force; 1987.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered.

NAL Call No.: TX361.W55W52
no.21

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides suggestions for parents concerning overweight children. This pamphlet recommends building good eating habits, exercising every day, and serving smart snacks.

Descriptors: Children - nutrition

Appraisal: Attractive, well organized material gets the parents involved by giving them concrete advice. The important concept of letting the child grow into his/her weight is left out. The front cover shows two overweight kids watching television.

- 240 Snacks for children who are immune suppressed or with AIDS.** New York, NY : New York City Dept. of Health, Bureau of Nutrition; Not dated.

Format: Pamphlet

Source: New York City Dept. of Health, The Bureau of Nutrition, 93 Worth St., Room 714, New York, NY 10013

Cost: Single copies free. Send self-addressed stamped envelope.

NAL Call No.: TX361.W55W52
no.291

Reading Level: 8th grade

Language: English, French, Spanish

Abstract: This folded sheet provides snack suggestions for children who are immune suppressed or with AIDS. The goal is to provide sufficient calories to increase weight or prevent further weight loss.

Descriptors: Nutrition

Appraisal: This folded sheet contains useful material for target population. In addition to snack ideas, a section on handling food safely is included to avoid transmission of foodborne illnesses. Pamphlet notes that AIDS is not a foodborne illness.

- 241 Trim and fit kids.** Atlanta, GA : WIC Program, Georgia Dept. of Human Resources; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.70

Reading Level: 6th grade

Language: English

Abstract: This folded sheet provides suggestions for parents of overweight children to help their children control their weight. The leaflet discusses how food can be served to limit consumption. Exercise is recommended. A substitution list makes suggestions for foods that should be served and those that should be limited.

Descriptors: Children - nutrition

Appraisal: This pamphlet is a clear and attractive presentation with good tips. The writing approach is positive. The pamphlet includes a section on goals to help the child make behavior changes.

Audiovisuals on Nutrition for the Young Child

- 242 Controlling your child's weight.** Austin, TX : The Texas Dept. of Health, WIC program; 1987.

Format: Slides with script, cassette, (42 slides); Video, VHS, 1/2", FNIC copy of video contains 22 segments of the series. Request title "WIC Program"

Source: Texas Dept. of Health, WIC Bureau, 1100 W. 49th St., Austin, TX 78756

Cost: Slide/tape 1 copy \$22.96, 2nd-9th copies \$11.48. Video 1st copy \$7.50, 2-27 copies \$6.50 each.

NAL Call No.: Slide no.299; Videocassette no.697; Videocassette no.696 (Spanish)

Language: English, Spanish

Abstract: The slide program opens with the mother of an overweight infant telling about feeding practices she learned at the WIC clinic to help her child control her weight. In the second segment of the program, an overweight four-year old explains how her mother is helping her control her weight. Smaller portions, low calorie foods, and exercise are emphasized.

Descriptors: Children - nutrition

Appraisal: Excellent comprehensive lesson plans for teaching WIC/CSFP group classes are presented. Plans consider the fact that mothers may not have overweight infants and/or children, but still can learn about healthy food choices and exercise. Very simple pre- and posttests are included. The entire series is also available from FNIC on four VHS videotapes.

- 243 Happy meals for toddlers!** Austin, TX : The Texas Dept. of Health, WIC Program; 1985.

Format: Slides with script, cassette, (46 slides); Video, VHS, 1/2"

Source: Texas Dept. of Health, WIC Bureau, 1100 W. 49th St., Austin, TX 78756

Cost: \$25.20 for 1st copy; \$12.60/copy for 2-9 copies. Video first copy \$7.50, 2nd-27th copies \$6.50 each.

NAL Call No.: Slide no. 298; Videocassette no. 697; Videocassette no. 696 (Spanish)

Language: English, Spanish

Abstract: This program is narrated by a toddler who encourages parents to create happy, healthy mealtimes. Feeding habits that include good nutrition and a pleasant atmosphere are encouraged. Problems and solutions encountered when feeding children between one and five years old are explored.

Descriptors: Infant - nutrition; Child rearing; Parent and child; Children - nutrition

Appraisal: The slide presentation is geared to toddlers between the ages of one to two. WIC foods are shown and encouraged. Emphasis is placed on weaning. The teachers guide has excellent discussion questions for WIC personnel. The entire series is also available from FNIC on four VHS videotapes.

-
- 244 No better gift: nutrition for preschool children.** Spanish version. Oakland, CA : Society for Nutrition Education; 1984.

Format: Video, VHS, 1/2", (22 min.); Film, (22 min.); Video, U-matic, 3/4"

Source: Society for Nutrition Education, 2001 Killibrew Drive, Suite 340, Minneapolis, MN 55425-1882 (612) 854-0035

Cost: \$325.00 + \$4.00 shipping and handling.

NAL Call No.: Videocassette no.239 (English); Videocassette no.852 (Spanish); TX361.C5N58 F&N AV (English film); TX361.C5N58 F&N (Umatic video); Motion picture no.239 (Spanish)

Language: English, Spanish

Abstract: This video program, directed toward parents of preschool children, looks at the development of children one to five to 5 years of age and how food aids in the maturation process and the contribution it makes to health. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, and the need for a variety of nutritious foods. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures.

Descriptors: Children - nutrition; Food habits

Appraisal: Appropriate topics for target audience are addressed in this excellent film. Parents will be inspired to try the techniques and follow advice given. Though several ethnic groups are represented, the film has a middle class orientation. Vocabulary may be too complex at times to be understood by caretakers with lower educational levels or new English speakers. Spanish version is narrated in Spanish but conversation between actors is still in English.

- 245 Nutrition: a family affair.** Santa Fe, NM : Child Care Food Program, Nutrition Bureau, Public Health Division, New Mexico Health and Environment Dept.; 1987.

Format: Video, VHS, 1/2", (22 min.)

Source: Mary Montoya, Health and Environment Dept., Public Health Division, Nutrition Bureau, Child Care Food Program, P.O. Box 968, Santa Fe, NM 87504-0968

Cost: \$35.00

NAL Call No.: Videocassette no.656

Language: English

Abstract: This videotape discusses the importance of nutrition to children's health and growth. In this light, it suggests various possibilities for breakfast, lunch and snack foods and which types of food not to serve to children. Tips for grocery shopping with children are provided as well as the health and social educational benefits of encouraging children to select and prepare nutritious items in various situations such as celebrations, cooking or attending a movie.

Descriptors: Children - nutrition; Parent and child; Child rearing - study and teaching

Appraisal: This is an excellent video on nutrition for the preschool child. It might be used at the end of a series of nutrition classes. The teaching guide provided with the material is a handout (suitable for xeroxing) covering all the major points in the video. A posttest, also included, consists of questions which might be used as the wrap up to a group activity

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- 246 Whose job is it? ; Foodbeat : promoting the positive ; Foodbeat : solving problems.** St. Paul, Minn : Division of Public Health, Office of Cable Communications, 1989

Format: Video, VHS, 1/2", (30 min.)

Source: St. Paul-Ramsey County Nutrition Program, 1954 University Ave., Suite 12, St. Paul, MN 55104

Cost: All 3 programs on one tape \$50.00 ; individual programs \$20-\$25 depending on title

NAL Call No.: Videocassette no.873; Videocassette no.872 (Hmong)

Language: English, Hmong

Abstract: The overall goal of the video is to promote good nutrition and appropriate growth of preschool age children by providing their parents with video models of appropriate/positive skills for child feeding. The video has three segments. The first segment educates parents on division of responsibility in child feeding. Segment 2 provides parents with information on positive parent skills to use versus the abuse of food in parenting. Segment 3 increases parents' knowledge on specific common nutrition issues in child feeding such as portion sizes, set meal and snack time, food jags, etc.

Descriptors: Children - nutrition

Appraisal: This is an excellent series of programs. Each of the three short programs (11 min. or less) are meant to be used alone. Each program is like a TV show with examples of problems and solutions acted out. Fathers are also presented. The main ideas are summarized at the end of each program. The Hmong version features Hmong actors.

All Program Participant Audiences

Overview and General Nutrition Information

- 247 Breakfast is important for you!**
(Spanish title: ¡El desayuno es importante para usted!). Minneapolis, MN : General Mills; Not dated.

Format: Pamphlet

Source: General Mills, Inc., P.O. Box 1113, Minneapolis, MN 55440

Cost: Up to 500 copies free of charge for WIC clinics.

NAL Call No.: TX361.W55W52
no.73a-b

Reading Level: 7th grade

Language: English, Spanish

Abstract: This sheet, describes how important breakfast is and what is included in a healthy breakfast. Children and teenagers are especially urged not to skip breakfast.

Descriptors: Nutrition

Appraisal: This short, well designed presentation covers three important breakfast concepts in an attractive manner.

-
- 248 Caffeine and your body.** Revised. Bismarck, ND : Division of Maternal & Child Health, North Dakota State Dept. of Health; 1986.

Format: single sheet

Source: North Dakota State Dept. of Health & Consolidated Laboratories, Division of Maternal & Child Health, 600 E. Boulevard Ave., Bismarck, ND 58505-0200

Cost: Single copy free. Send self-addressed, stamped 6 x 9 envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.157

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses caffeine and its effects on the human body. Special concern is given to the consumption of caffeine by pregnant women. Suggestions are made about how to reduce the intake of caffeine and the caffeine content of various beverages is listed.

Descriptors: Women - nutrition

Appraisal: The material is helpful to those who want in-depth information about caffeine and the caffeine content of beverages and drugs. A list of caffeine-free soft drinks is provided.

- 249 Daily food guide: good choices for healthy families.** Jackson, MS : WIC and Nutrition Services, Mississippi State, Dept. of Health; 1986.

Format: Single sheet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.133

Reading Level: 2nd grade

Language: English

Abstract: This sheet encourages readers to consume an adequate amount of food from each of the four food groups in order to maintain a nutritious diet.

Descriptors: Nutrition

Appraisal: The amounts needed from each of the four food groups are explained with easy to understand illustrations. The milk group is subdivided into amounts needed for age groups and pregnant and nursing women. For the other food groups general information is given.

-
- 250 A Daily food guide.** Revised. Harrisburg, PA : Pennsylvania Dept. of Health; 1980.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.154

Reading Level: 8th grade

Language: English

Abstract: This folded sheet provides guidelines for nutritious meal planning. Food items and serving quantities from each of the four basic food groups are recommended. The sheet also advises one to use fats, sweets, and alcohol in moderate amounts.

Descriptors: Nutrition

Appraisal: General information for a healthy diet is given. Serving size is based on amounts needed for adults except for the milk group. It is advised that alcoholic beverages be consumed in moderation with no special mention for pregnant women.

- 251 Feeling good: tips to prevent constipation.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: \$.05/copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.61

Reading Level: 6th grade

Language: English

Abstract: This sheet encourages people to consume a daily diet high in fiber, drink lots of liquids, and exercise regularly to avoid constipation. Lists of foods high in fiber and suggested serving sizes are provided.

Descriptors: Nutrition

Appraisal: The subject is handled gracefully. High fiber foods are stressed with an excellent list given. The illustration is of a child and therefore would be used for children, although the pamphlet does not specifically mention children.

- 252 Food wheel.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Include mailing label. \$.05/copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.162

Reading Level: 5th grade

Language: English

Abstract: The food wheel on this sheet groups foods by the vitamins and minerals they provide. The sheet states that it is important to eat from each group every day and to vary choices within each group. The wheel also recommends the number of servings an individual should eat and provides a form to record the food consumed.

Descriptors: Nutrition

Appraisal: The material is applicable to different individuals because the exact number of servings needed is written in by the nutritionist on the back. The wheel lists two to four servings of dairy products and this may need to be adjusted for lactating women and pregnant adolescents.

- 253 Food wheel: a pattern for daily food choices.** Washington, DC : American Red Cross; 1986.

Format: Poster

Source: American Red Cross, 7401 Lockport Place, Lorton, VA 22079

Cost: \$3.50; reproduction by request only.

NAL Call No.: TX361.W55W52 no.158

Reading Level: 9th grade

Language: English

Abstract: This poster illustrates a recommended pattern for daily food choices. Food items and the number of servings to be consumed are recommended.

Descriptors: Nutrition

Appraisal: The poster is multicolored and very attractive. Pregnant women, lactating women and teens are told to have only three servings from the milk group daily. The recommendation from the grain group is 6 to 11 servings daily.

- 254 Fresh fruit, veggies & water.** Bismarck, ND : North Dakota State Dept. of Health Consolidated Laboratories, Maternal and Child Health; 1988.

Format: Pamphlet

Source: North Dakota State Dept. of Health & Consolidated Laboratories, Division of Maternal & Child Health, 600 E. Boulevard Ave., Bismarck, ND 58505-0200

Cost: Single copy free. Send self-addressed, stamped 9 x 12 envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.135

Reading Level: 6th grade

Language: English

Abstract: This pamphlet discusses the benefits of consuming adequate amounts of fresh fruit, vegetables, and water. The three specific benefits mentioned are constipation prevention, bladder infection prevention, and weight control. A high fiber food list and high fiber recipes are provided.

Descriptors: Nutrition

Appraisal: An excellent list of high fiber foods and five recipes are provided. Unnecessary information could be given to a client, if perhaps, they need relief from constipation but do not need help with weight control or bladder infection problems.

- 255 Healthy food choices.** Alexandria, VA : American Diabetes Association, Diabetes Information Service Center; American Dietetic Association; 1986.

Format: Pamphlet

Source: American Diabetes Association, 1970 Chain Bridge Rd., McLean, VA 22109-0592, (800) ADA-DISC

Cost: Order #112 (English), #112s (Spanish). Nonmembers \$.50/copy, \$.40/copy for members. Send check or money order with name, address, phone number, item order number, item name, price, language, and quantity.

NAL Call No.: TX361.W55W52 no.8; TX361.W55W52 no.9 (Spanish)

Reading Level: 4th grade

Language: English, Spanish

Abstract: This folded sheet illustrates what foods constitute a healthy well-balanced diet and the recommended daily servings. General guidelines include: eat less fat; eat more high-fiber foods; use less salt; and eat less sugar.

Descriptors: Nutrition

Appraisal: The exchange list is presented with sample food illustrations and a blank space is provided for the nutrition counselor to fill in the number of choices available from each list. Since it does not use the word diabetes other diet regimes which use the exchange list could also be introduced with this counseling tool.

- 256 Maintain desirable weight: use your imagination!** Burlington, VT : Nutrition Services, Vermont Dept. of Health, Agency of Human Services; 1988.

Format: Pamphlet

Source: Vermont Dept. of Health, 1193 North Ave., P.O. Box 70, Burlington, VT 05402

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.248

Reading Level: 6th grade

Language: English

Abstract: These two folded sheets provide information about losing weight and the behavior which individuals need to adopt in order to maintain a healthy weight. The sheets recommend reducing caloric intake, increasing exercise, and suggest low-calorie foods which can be substituted for higher calorie foods.

Descriptors: Nutrition

Appraisal: The positive approach and sound advice will be helpful to the reader. A nutritionist will need to help devise an individual meal plan and behavior goals appropriate to the postpartum woman.

- 257 Modules for the masses: a nutrition education handbook for WIC group sessions.** Columbus, OH : Ohio Dept. of Health; 1987.

Format: Curriculum

Source: Ohio Dept. of Health, P.O. Box 118, Columbus, OH 43266-0118

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX364.M62

Reading Level: 9th grade

Language: English

Abstract: This nutrition education handbook contains three modules which discuss good snacking, making food dollars count, and postpartum nutrition.

Descriptors: Infant - nutrition; Consumer education; Snack foods; Nutrition - study and teaching

Appraisal: This set of three lesson plans contains many handouts suitable for copying to give to clients. These materials can be used alone but will be best when utilized with the suggested or similar audiovisual materials: "The Snacking Mouse," "Postpartum Insight", "Now that I Can See My Feet Again," and "Making Food Dollars Count."

- 258 Non-language daily food guide.** Washington, DC : Children's Hospital National Medical Center, Comprehensive Health Care Program, Nutrition Services; 1985.

Format: Pamphlet

Source: Children's National Medical Center WIC Program, 111 Michigan Ave., NW, Washington, DC 20010-2970

Cost: \$.20/copy for 50 or more copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.221

Reading Level: Minimal text

Language: English

Abstract: This folded sheet recommends food items for a balanced diet for children, adolescents, adults, and pregnant women. No text is used, only drawings and numerals. Space is provided to record the food items consumed at each meal.

Descriptors: Nutrition

Appraisal: Superb, unique material for the non-English speaking or illiterate participant. Nutritionist can point to pictures of foods or circle food groups to educate the participant about what to eat. The color, design and layout of material is attractive. No information is provided about serving sizes.

- 259 Nutrition directions: lesson plans for WIC nutrition education sessions.** revised. Springfield, IL : Nutrition Services Section, Division of Health Promotion and Screening, Illinois Department of Public Health; 1984.

Format: Curriculum

Source: Illinois Dept. of Public Health, Nutrition Services Section, Division of Health Promotion and Screening, 535 W. Jefferson, Springfield, IL 62761

Cost: Less than 10 copies free.

NAL Call No.: TX364.N886 1984

Reading Level: 5th grade

Language: English

Abstract: A series of lesson plans for WIC group nutrition education sessions is presented in this manual. Lesson plans emphasize participant involvement and activity-oriented learning. General lesson plans cover the following topics: food shopping; food preparation and cooking; food groups; anemia; nutrition labeling; and moderating intakes of fat, salt, and sugar. Additional lesson plans are targeted toward 1) the pregnant teenager, 2) pregnant and breastfeeding women, and 3) parents of infants and children.

Descriptors: Nutrition

Appraisal: Excellent class plans for WIC/CSFP audiences. May need to be updated and adapted for different target groups, but suggestions for audiovisuals, handouts, and recipes, are included along with behavioral objectives. Participant handouts are typewritten sheets without illustrations or color.

- 260 Recommendations of food choices for women.** Chicago, IL : American Dietetic Association; 1987.

Format: Pamphlet

Source: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995 (312) 899-1745

Cost: \$3.95/25 copies; minimum order \$10.00 bulk discounts available.

NAL Call No.: TX361.W55W52 no.151

Reading Level: 8th grade

Language: English

Abstract: This folded sheet provides 14 suggestions concerning healthy diet choices for women. Additionally, a pattern for daily food choices and recommended menus are supplied.

Descriptors: Women - nutrition

Appraisal: Discussion includes many important points and emphasizes the needs of women, but it is lengthy and complex. A nutrition expert is needed to translate the guidelines into usable, individualized meal patterns for readers.

- 261 Vegetarian nutrition guide.** Denver, CO : Colorado Dept. of Health, Nutrition Services; 1988.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. Specify #797. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.249

Reading Level: 8th grade

Language: English

Abstract: This folded sheet defines three types of vegetarian diets (lacto-ovo, vegan, and casual vegetarian), gives general advice about vegetarian nutrition, and suggests the number of servings per day of various foods that should be consumed to provide complete nutrition in a vegetarian diet. The adult vegetarian diet assessment contains specific information for pregnant and postpartum women.

Descriptors: Nutrition

Appraisal: This folded sheet is an accurate and thorough presentation that considers the special needs of these individuals. Resources and recipe books are listed on the back. The paper is thin so the print can be seen on the other side and is distracting.

- 262 Your daily food guide.** Atlanta, GA : Georgia Dept. of Human Resources; 1989.

Format: Single sheet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free with self-addressed envelope.

NAL Call No.: TX361.W55W52 no.140

Reading Level: 2nd grade

Language: English

Abstract: This sheet illustrates the four food groups and encourages readers to eat foods from each food group daily to maintain a healthy diet.

Descriptors: Nutrition

Appraisal: Spaces are provided for the nutritionist to fill in the blanks for the daily number of servings needed by an individual client. Serving size information can be added in the "Special for You" section. Many different foods are shown in the color pictures of the four food groups.

Specific Nutrients

- 263 Building blood.** Atlanta, GA : WIC Program, Georgia Dept. of Human Services; Not dated.

Format: Pamphlet

Source: Georgia Dept. of Human Resources, Office of Nutrition, GA WIC Program, 878 Peachtree St. NE, Room 218, Atlanta, GA 30309

Cost: Single copy free. Send self-addressed stamped envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.296

Reading Level: 5th grade

Language: English

Abstract: This folded sheet provides information about eating foods high in iron content in order to avoid anemia. Foods rich in iron are listed and how they should be consumed in order to get the most iron into the body are described.

Descriptors: Nutrition

Appraisal: A good explanation of anemia is given. WIC foods are emphasized on the food lists and meal plans. Nutrients which aid iron absorption are mentioned and discussed adequately. Eating non-food items such as starch, dirt, and excessive amounts of ice is pointed out as harmful for a person and could indicate iron poor blood.

- 264 Calcium.** Camden, NJ : Camden County Dept. of Health, WIC Program; 1988.

Format: Single sheet

Source: Camden County Division of Health & Nutrition Programs, 1800 Pavilion West Bldg., 2101 Ferry Ave., Camden, NJ 08104

Cost: Ordering agencies should provide a self-addressed envelope; one copy/agency. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52
no.122

Reading Level: 6th grade

Language: English

Abstract: This sheet briefly discusses calcium, what it is, what foods contain calcium, and the recommended servings per day. Three recipes are suggested to provide calcium.

Descriptors: Nutrition

Appraisal: A good explanation is given for why we need calcium. Many different calcium foods are mentioned. The amount of calcium rich food suggested for young children tends to be slightly high. Recipes included look interesting, but do not use low fat dairy products.

- 265 Calcium--why is it important to women?** Rosemont, IL : National Dairy Council, Division of Maternal and Child Health; 1989.

Format: Pamphlet

Source: North Dakota State Dept. of Health & Consolidated Laboratories, Division of Maternal & Child Health, 600 E. Boulevard Ave., Bismarck, ND 58505-0200

Cost: Single copy free. Include self-addressed, stamped 6 x 9 envelope. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.72

Reading Level: 5th grade

Language: English

Abstract: This pamphlet discusses the importance of calcium for the human body. [The total daily requirement is described as 800 milligrams/day for adults while pregnant women need 1200-1500 milligrams.] A method of enhancing the calcium content of many foods by adding nonfat dry milk powder is explained. Lists of calcium rich foods and recipes for calcium rich food items are provided.

Descriptors: Nutrition

Appraisal: Many good suggestions on ways to incorporate dairy foods into a diet. A calcium chart provides milligrams of calcium per serving for 57 foods, but the serving sizes are not listed.

- 266 Conquer anemia (Spanish title: ¡Vencer la anemia!).** Denver, CO : Colorado Dept. of Health, Nutrition Services; 1979.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. Specify English (#750) or Spanish (#732). May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.145; TX361.W55W52 no.205 (Spanish)

Reading Level: 6th grade

Language: English, Spanish

Abstract: This folded sheet briefly describes anemia and how to select foods to supply iron in the diet. It is also recommended that a source of vitamin C be consumed along with the iron to help the body digest the iron. Iron rich foods are listed.

Descriptors: Anemia - nutritional aspects; Iron deficiency anemia

Appraisal: This pamphlet provides excellent suggestions for incorporating iron into the diet with a variety of foods. The definitions and explanations given are easy to understand. WIC foods are emphasized. The Spanish version's food items are more appropriate for Central American families.

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- 267 Dark green and yellow fruits and vegetables.** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.110

Reading Level: 5th grade

Language: English

Abstract: This folded sheet describes the healthful components of dark green and yellow fruits and vegetables (vitamin A, fiber, and other vitamins and minerals), how much of these foods should be consumed, and how these foods can be prepared.

Descriptors: Nutrition

Appraisal: The list of vegetables and fruits containing vitamin A is very extensive. Many good ideas are presented for the client's use.

- 268 Feeling good!; iron : get the most every day.** Des Moines, IA : Iowa Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Single copy free to WIC agencies. Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.209

Reading Level: 7th grade

Language: English

Abstract: This sheet briefly describes the role of iron in the human body and food sources of iron. Iron-rich meal and snack ideas and suggestions about how to get the most iron from a diet are provided.

Descriptors: Nutrition

Appraisal: Excellent iron-rich foods and meal ideas are provided. Examples of ethnic foods are included.

- 269 Iron.** Englewood, CO : Nutrition Division, Tri-County Health Dept.; Not dated.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.83

Reading Level: 6th grade

Language: English

Abstract: This folded sheet describes the mineral iron, the functions it performs in the body, and food sources of iron. Suggestions for diet planning and sample menus are also provided.

Descriptors: Nutrition

Appraisal: This is an excellent source of information for WIC clients with iron deficiency anemia. The facts are explained in simple terms and the sample menus are appetizing.

- 270 Iron: the blood builder.** Nashville, TN : Tennessee Dept. of Health and Environment; 1986.

Format: Pamphlet

Source: Tennessee Dept. of Health & Environment, Division of Nutrition/Supplemental Food Programs, C2-233 Cordell Hull Bldg., Nashville, TN 37219

Cost: Single copy free. May be reproduced with credit given to source.

NAL Call No.: TX361.W55W52 no.51

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses the importance of iron in the body, food sources of iron, and the substances which help absorb iron into the body. Suggestions are made for meals which contain iron and vitamin C.

Descriptors: Nutrition

Appraisal: This folded sheet is a concise listing of iron and vitamin C rich foods. The pamphlet has eye appeal with black print and drawings of red blood drops tastefully incorporated into the illustrations.

- 271 Iron facts.** Concord, NH : Distributed by New Hampshire WIC Program, Bureau of WIC Nutrition Services; 1988.

Format: Pamphlet

Source: New Hampshire WIC Program, Division of Public Health Services, Health & Welfare Bldg., 6 Hazen Dr., Concord, NH 03301

Cost: May reproduce with prior notification. Single copy free with self-addressed, stamped envelope.

NAL Call No.: TX361.W55W52 no.192

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the importance of iron in the human body and how to prevent iron deficiency anemia. A list of food sources of iron and a list of food sources of vitamin C are provided.

Descriptors: Nutrition

Appraisal: This sheet is an excellent presentation on all the aspects of iron nutrition, which is appropriate for the target audience. The placement of red meats in the fair source category and WIC cereals in the good source category is disputable, considering the heme and non-heme iron content of these foods.

- 272 Iron foods for strong blood** (Spanish title: *Alimentos con hierro para sangre fuerte y sana*). Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$10.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.170a-b

Reading Level: 6th grade

Language: English, Spanish

Abstract: This folded sheet discusses food with iron, and recommends that they be consumed to produce strong blood and health. Food lists describe the iron content of various food items. The daily iron requirements for children, women, and men are described. The iron content in milligrams is provided for over 70 different foods.

Descriptors: Nutrition

Appraisal: The user is expected to tally up the amount of iron in her diet from the previous day and compare her total to the RDA. This might be a good activity for the WIC nutritionist and the client to do together. The 1980 RDAs are used for the amount of iron needed per day. The Spanish version has foods listed that are more suitable for Mexican-Americans.

- 273 Iron for good health.** Denver, CO : Colorado Dept. of Health, Nutrition Services; 1986.

Format: Pamphlet

Source: Colorado Dept. of Health, Nutrition Services, 4210 East 11th Ave., Denver, CO 80220

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.148

Reading Level: 5th grade

Language: English

Abstract: This folded sheet makes recommendations concerning how to increase the amount of iron in the diet. It also explains briefly why iron is important and suggests that vitamin C-rich foods be consumed with the iron rich foods to assist with absorption of iron.

Descriptors: Nutrition

Appraisal: Excellent information is given about iron foods and iron absorption. Foods mentioned in the iron and vitamin C lists are multicultural. Space is given for a client to write in how she will increase the amount of iron in her diet.

- 274 Iron for good health and vitality.** Revised. Harrisburg, PA : Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion; 1989.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free.

NAL Call No.: TX361.W55W52
no.63

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses why the body needs iron, how much iron is needed, and how to increase iron intake. A list of commonly consumed foods reveals the amount of iron contained in a typical serving.

Descriptors: Nutrition

Appraisal: This publication would be very useful to clients that need more information on the milligrams of iron in different foods. The authors did not use the 1989 RDAs for iron when recommending amounts needed. Some of the recommendations are high.

- 275 Ironing out your diet: a message for everyone.** Lansing, MI : Michigan Dept. of Public Health; 1988.

Format: Pamphlet

Source: Michigan Dept. of Public Health, 3423 N. Logan, P.O. Box 30195, Lansing, MI 48909

Cost: Letterhead request indicating form number (H-716) and quantity. Multiple copies available to Michigan WIC agencies. Single copy free for out of state. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.17

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the importance of iron in the human diet, the effects of insufficient iron consumption and food sources of iron. Recommended levels of consumption are described.

Descriptors: Nutrition

Appraisal: A detailed discussion of iron deficiency, causes, and dietary solutions suitable for the participants who require more background information are described in this pamphlet. Since the pamphlet asks the participant to add up milligrams of iron consumed per day, it may not be appropriate for all educational levels.

- 276 Preventing anemia for the adolescent and adult (Spanish title: Previniedo la anemia en jovenes y adultos).** Lansing, MI : Michigan Dept. of Public Health, Bureau of Community Services, EPSDT and WIC Programs; 1985.

Format: Single sheet

Source: Michigan Dept. of Public Health, 3423 N. Logan, P.O. Box 30195, Lansing, MI 48909

Cost: Letterhead request, indicating form number (H-816) and quantity. Multiple copies to Michigan WIC agencies. Single copy free for out of state. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.142a-b

Reading Level: 9th grade

Language: English, Spanish

Abstract: This sheet describes eating behaviors which will prevent anemia in adolescents and adults. The suggested activities to avoid anemia include: eat foods high in iron every day, eat vitamin C rich foods to help the body use the iron, and take iron supplements if recommended by your health care provider. Iron rich food sources are also discussed.

Descriptors: Nutrition

Appraisal: A good definition of iron deficiency anemia is given. The list of good and fair sources of iron do not take into account heme iron and nonheme iron foods. Vitamin C rich foods are listed and recommended. There is space for the client's hematocrit and normal hematocrit for the client's age to be listed.

-
- 277 Protein foods.** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.67

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses the food sources for protein and the functions protein performs in the body. Suggested serving sizes and examples of complete and incomplete protein are provided.

Descriptors: Nutrition

Appraisal: Complete and incomplete protein information is very good. The pamphlet is designed to make clients think about how they are going to meet their family's protein needs.

- 278 Snacks which add iron to your diet.** Englewood, CO : Tri-County Health Dept; 1986.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Belview, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce if acknowledgement given to agency.

NAL Call No.: TX361.W55W52
no.94

Reading Level: 8th grade

Language: English

Abstract: This sheet provides a list of snacks that contain significant amounts of iron. Readers are encouraged to consume sufficient quantities of vitamin C because this vitamin helps the body absorb iron.

Descriptors: Nutrition

Appraisal: The ideas for snacks are varied and would appeal to many people. Many of the snacks listed under fair sources of iron are products which are lower in fat.

- 279 Vitamin A.** Ithaca, NY : Tompkins County WIC; Not dated.

Format: Pamphlet

Source: Tompkins County WIC, 401 Harris B. Dates Dr., Ithaca, NY 14850-1386

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.256

Reading Level: 9th grade

Language: English

Abstract: This folded sheet addresses three questions concerning vitamin A and human nutrition: why do we need vitamin A in our diets? how much vitamin A do we need? and what are the best food sources for vitamin A?

Descriptors: Nutrition

Appraisal: Drawings of vitamin A containing foods catch the readers eye. The "Find the High Vitamin Foods" game reinforces the subject in a few ways. Many reasons are listed as to why we need Vitamin A. Some of the reasons might not be understood by all clients without further explanation.

- 280 Vitamin A, the eyes have it!** Augusta, ME : Dept. of Human Services; 1988.

Format: Single sheet

Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.111

Reading Level: 4th grade

Language: English

Abstract: This sheet provides a list of foods which contain vitamin A and explains the functions of vitamin A.

Descriptors: Vitamin A; Nutrition

Appraisal: This minimal text handout requests the participant to circle the vitamin A foods listed that they like to eat and to serve these frequently. A recipe for squash muffins is included.

- 281 Vitamin C.** Sacramento, CA :
WIC Supplemental Food Section,
California Dept. of Health Ser-
vices; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food
Branch, 1103 North B St.,
Sacramento, CA 95814

Cost: Single copy free. \$6.00/100
copies. May reproduce with credit
given to source.

NAL Call No.: TX361.W55W52
no.60

Reading Level: 8th grade

Language: English

Abstract: This folded sheet discusses the vitamin C require-
ments of the human body and the foods that supply vitamin
C. The preparation, cooking, and storage of food in order
to maintain vitamin C content is discussed. Recipes for
three vitamin C rich dishes are provided.

Descriptors: Nutrition

Appraisal: This is an excellent publication on vitamin C for
clients. The list of foods to use is adequate. Handling of
vitamin C foods is discussed nicely and the recipes are easy
to understand.

-
- 282 Ways to increase the calories and
protein in your diet or your
child's: for the person who has
trouble gaining weight due to lack
of appetite or health problems.**
Rome, NY : Oneida Count WIC;
Not dated.

Format: Pamphlet

Source: Oneida County WIC, 1506
Whitesboro St., Utica, NY 13502

Cost: Depends on quantity or-
dered. May reproduce with credit
given to source.

NAL Call No.: TX361.W55W52
no.271

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides ideas for increasing the
caloric content of various foods in order to help people
gain weight.

Descriptors: Nutrition

Appraisal: Many helpful suggestions for adding calories to
the diet are provided. The format is somewhat cluttered.
The xerox copy is not clean in all parts so it is difficult to
read. The recipes are easy, unique, and use WIC/CSFP
foods.

Meal Planning and Food Buying

- 283 Breads and cereals.** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. \$6.00/100 copies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.66

Reading Level: 7th grade

Language: English

Abstract: This folded sheet discusses the nutrients that breads, cereals, and grains provide for the body and the food sources of these nutrients. Breads, cereals, and grains that are good sources of fiber, B vitamins, and minerals and suggested servings are described.

Descriptors: Nutrition

Appraisal: Most of the information in the pamphlet is excellent. The section on refined and whole grain products might need an additional explanation from the nutritionist. The recipes look good.

-
- 284 A guide to packing nutritious lunches.** Englewood, CO : Tri-County Health Dept; Not dated.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52
no.82

Reading Level: 7th grade

Language: English

Abstract: A variety of ideas for items to pack in a lunch are presented. A guide for mix-and-match lunches is provided.

Descriptors: Nutrition

Appraisal: The chart with lunch box ideas would be nice to put on the refrigerator. Freezing sandwiches is recommended to keep foods cold. There is no mention of items like mayonnaise that do not freeze well.

- 285 Make-a-meal planner.** Des Moines, IA : Iowa WIC Program, Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Single copy free of charge to WIC agencies. Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.130

Reading Level: 1st grade

Language: English

Abstract: This sheet is to be used as a meal planning device. The various food groups which should be consumed in a nutritious diet are listed in columns and suggestions for foods which could be used in the menu are included at the bottom of the columns.

Descriptors: Nutrition

Appraisal: These planning tools have endless possibilities for uses by a nutritionist counseling a client; for example, to demonstrate introduction of solid foods, or to illustrate ways to increase fiber, vegetables, or variety in the diet. Its best use may be as a step in composing a weekly grocery list.

- 286 Menu sheet.** Des Moines, IA : Iowa WIC Program, Dept. of Public Health; Not dated.

Format: Single sheet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Single copy free of charge to WIC agencies. Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.69

Reading Level: 1st grade

Language: English

Abstract: This single sheet form can be used to plan meals consumed by WIC program participants.

Descriptors: Nutrition

Appraisal: These planning tools have endless possibilities for use by a nutritionist counseling a client, for example, demonstrating the introduction of solid foods or ways to increase dietary fiber. Its best use may be as a step in composing a weekly grocery list.

- 287 Money saving shopping tips.** Washington, DC : Food Marketing Institute; Not dated.

Format: Pamphlet

Source: Food Marketing Institute, 1750 K St., NW, Washington, DC 20006

Cost: Single copy free.

NAL Call No.: TX361.W55W52 no.31

Reading Level: 7th grade

Language: English

Abstract: This folded sheet provides recommendations for saving money while shopping at the food store. Suggestions include: plan ahead (plan meals before shopping); fix meals at home; use the unit price to compare the cost of different brands and package sizes; and try store brands and generics.

Descriptors: Nutrition

Appraisal: This attractive, well illustrated publication is full of good suggestions for the food shopper. Some of the long sentences could have been split into two sentences.

- 288 Nutrition labeling.** Randell, Jill; Psiaki, Donna. Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; 1978.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.129

Reading Level: 7th grade

Language: English

Abstract: This folded sheet explains nutrition and ingredient food labeling and encourages consumers to read food labels in order to make nutritious food choices.

Descriptors: Nutrition labeling

Appraisal: Good information is given on using nutrition labels to compare foods. Infant as well as adult products are used in examples. Nutrition labeling information conforms to the 1975 regulations.

- 289 Smart food shopping.** Augusta, ME : Dept. of Human Services; 1989.

Format: Single sheet

Source: Maine WIC Program, 151 Capital St., Augusta, ME 04333

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.138

Reading Level: 2nd grade

Language: English

Abstract: This sheet provides several tips for economical food shopping and explains unit pricing so that the "best buys" can be recognized in the store.

Descriptors: Nutrition

Appraisal: This is an excellent teaching tool to use when explaining unit pricing. There are two examples given where the client needs to find the best buys by looking at three unit price stickers. Simple tips are given to help save money while shopping.

- 290 Stretch our WIC dollars.** Des Moines, IA : Iowa WIC Program; Not dated.

Format: Pamphlet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Include mailing label. Free to WIC agencies. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.163

Reading Level: 4th grade

Language: English

Abstract: This folded sheet provides suggestions about how to stretch the purchasing power of the Special Supplemental Food Program for Women, Infants, and Children (WIC) benefits. Suggestions include: look for sales; purchase store brands; use coupons; and compare prices and purchase the most economical package of an item.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: The shopping tips included in this pamphlet illustrate how to save WIC food dollars. As program resources become more restricted, materials such as this one are important.

Use of WIC Foods

- 291 Basic bean cookery.** Dinuba, CA : California Dry Bean Advisory Board; Not dated.
- Format:** Pamphlet
- Source:** California Dry Bean Advisory Board, 531-D North Alta Ave., Dinuba, CA 93618
- Cost:** Can supply limited quantity free of charge.
- NAL Call No.:** TX361.W55W52 no.252
- Reading Level:** 7th grade
- Language:** English
- Abstract:** This folded sheet provides information about beans, the nutrients they contain, and several recipes which utilize a wide variety of beans.
- Descriptors:** Nutrition
- Appraisal:** A good introduction to basic bean cookery with an excellent variety of cooking tips and ten bean recipes. The twelve colorful pictures and descriptions of different beans can be used as a teaching tool. The size of the booklet is not overwhelming.
-
- 292 Beans, where have you bean?** Augusta, ME : Dept. of Human Services; 1989.
- Format:** Single Sheet
- Source:** Maine WIC Program, 151 Capital St., Augusta, ME 04333
- Cost:** \$.04/copy, send self addressed envelope. May reproduce with credit given to source.
- NAL Call No.:** TX361.W55W52 no.223
- Reading Level:** 3rd grade
- Language:** English
- Abstract:** This sheet briefly describes the usefulness of beans, peas, lentils, and how to prepare them.
- Descriptors:** nutrition
- Appraisal:** This attractive pamphlet contains interesting recipes to try. It does not mention sorting out small pebbles or discarding the water after soaking the beans. There are many variations in print size.

293 Blackeyed peas. Jackson, MS : Special Supplemental Food Program for Women, Infants, and Children (WIC), Mississippi State Board of Health; 1981.

Format: Single sheet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.131

Reading Level: 5th grade

Language: English

Abstract: This sheet discusses how to cook blackeyed peas and provides three recipes for main courses utilizing black-eyed peas.

Descriptors: Nutrition

Appraisal: The information is made very clear by using step-by-step illustrations to show methods of cooking black-eyed peas. The three easy to cook recipes look appetizing.

294 Cheese and--. Englewood, CO : Tri-County Health Dept; Not dated.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.90

Reading Level: 4th grade

Language: English

Abstract: This sheet provides five recipes which utilize cheese. Readers are reminded that cheese is very sensitive to high temperatures and long cooking time.

Descriptors: Nutrition

Appraisal: A good variety of cheese recipes, but all are high in fat. Not recommended for overweight participants. Recipes might be used as part of a cooking demonstration on the uses of cheese. Serving size and number of servings are not given for all of the recipes.

- 295 Choosing heart healthy cheeses.** Moore, Ingrid. Oakland, CA : Alameda County Heart Association; 1980.

Format: Single sheet

Source: Alameda County American Heart Association, 1120 Golf Links Rd., Oakland, CA 94605

Cost: \$7.50/100 copies

NAL Call No.: TX361.W55W52
no.121

Reading Level: 4th grade

Language: English

Abstract: This sheet provides information about the fat and sodium content of various types of cheeses and suggests limiting the consumption of those with high sodium or fat content.

Descriptors: Nutrition

Appraisal: The information on fat and sodium in cheeses is confusing. Explanation by a nutritionist is needed. The matrix table which list cheeses as low fat, low sodium through high fat, very high sodium provides useful information to the educated consumer. Revised version available.

-
- 296 Kidney beans.** Jackson, MS : Special Supplemental Food Program for Women, Infants, and Children (WIC), Mississippi State Board of Health; 1982.

Format: Single sheet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52
no.132

Reading Level: 5th grade

Language: English

Abstract: This sheet discusses how to cook kidney beans and provides three recipes for main courses utilizing kidney beans.

Descriptors: Nutrition

Appraisal: The material presented is easy to understand. Pictures are used to help explain how many cups of cooked beans are produced from one cup and one pound of dry beans. The three recipes using kidney beans are simple to make and look very tasty. Suggestions of foods to use to complete a meal are given with the recipes.

- 297 Legume pages.** Juneau, AK : Nutrition Services, Section of Family Health, Division of Public Health, Alaska Dept. of Health and Social Services; 1987.

Format: Booklet

Source: Alaska Division of Public Health, WIC Division, Box H, Juneau, AK 99811-0612

Cost: Single copy free. May reproduce with notice and credit given to agency.

NAL Call No.: TX361.W55W52 no.114

Reading Level: 6th grade

Language: English

Abstract: This booklet provides basic information about cooking legumes or dried beans and peas. Procedures for preparing beans for cooking, numerous recipes and nutrition information are presented. Recipes for all types of beans are included for such dishes as soups, salads, spreads, main courses, and desserts. Hints for "gas" sufferers are reviewed.

Descriptors: Nutrition

Appraisal: Extensive coverage on the subject of legumes at times is excessive. The recipes are appropriate for the target audience. References are made to Alaskans but material can be adapted to other uses. The printing can be seen through the thin yellow paper and it is distracting.

- 298 Milk and milk products.** Sacramento, CA : WIC Supplemental, Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food Branch, 1103 North B St., Sacramento, CA 95814

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.113

Reading Level: 4th grade

Language: English

Abstract: This folded sheet describes the healthful components of milk and milk products (calcium, protein, vitamin A, vitamin D, and riboflavin), how much of these foods should be consumed, and what foods contain milk products. Three recipes containing milk products are included.

Descriptors: Nutrition

Appraisal: The general information on dairy foods is excellent. The recipes included might be a little difficult without a demonstration.

299 **Non fat dry milk.** Englewood, CO : Tri-County District Health Dept., Nutrition Section; 1982.

Format: Pamphlet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no. 95

Reading Level: 4th grade .

Language: English

Abstract: This four- page typed handout describes non-fat dry milk and how it can be utilized in cooking.

Descriptors: Nutrition

Appraisal: The tips and recipes for using non-fat dry milk are excellent for client use, perhaps after a demonstration. Some of the cooking terms such as saute, garnish, knead, and "cut in" may need to be explained.

300 **Pinto beans.** Jackson, MS : Special Supplemental Food Program for Women, Infants, and Children (WIC), Mississippi State Dept. of Health; 1986.

Format: Pamphlet

Source: Mississippi Dept. of Health, WIC Nutrition Education Coordinator, P.O. Box 1700, Jackson, MS 39215-1700

Cost: Single copy free to public health agencies and WIC programs. Permission to reproduce in like format granted to state and federal programs; please give credit.

NAL Call No.: TX361.W55W52 no.259

Reading Level: 5th grade

Language: English

Abstract: This folded sheet describes the nutritious aspects of pinto beans, how to prepare them for cooking and provides several recipes which utilize pinto beans.

Descriptors: Nutrition

Appraisal: The layout and design of the material is attractive. The recipes are nutritious and easy to follow.

- 301 A-take-a-long meal: the sandwich.** Englewood, CO : Tri-County District Health Dept; Not dated.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.86

Reading Level: 7th grade

Language: English

Abstract: This sheet presents suggestions for a variety of sandwiches. Bread is discussed and a suggestion is made to use whole wheat bread because it contains more nutrients than does white bread.

Descriptors: Nutrition

Appraisal: Many interesting ideas for sandwiches are presented. No information is given on ways to keep sandwiches safe if they are made ahead to "take-a-long".

-
- 302 Using lentils.** Englewood, CO : Tri-County Health Dept.; Not dated.

Format: Single sheet

Source: Tri-County Health Dept., Nutrition Division, 7000 E. Bellevue, Suite 301, Englewood, CO 80111

Cost: \$.50/copy; \$.25/copy with self-addressed, stamped envelope; \$1.50/100 copies; \$10.00 for white master copy. May reproduce with credit to agency.

NAL Call No.: TX361.W55W52 no.89

Reading Level: 6th grade

Language: English

Abstract: This two-page typed handout describes lentils and how they can be used in cooking. Seven recipes utilizing lentils are provided.

Descriptors: Nutrition

Appraisal: A good variety of uses for lentils is offered. The amount of fat and sodium in recipes could be decreased.

Snacks

- 303 **The ABC's of smart snacking.**
Columbus, OH : Ohio, Dept. of Health; 1988.

Format: Pamphlet

Source: Ohio Dept. of Health,
P.O. Box 118, Columbus, OH
43266-0118

Cost: Single copy free. May
reproduce with credit given to
source.

NAL Call No.: TX361.W55W52
no.78

Reading Level: 4th grade

Language: English

Abstract: This folded sheet discusses nutritious items that can be provided as snacks. Sources of B vitamins, fiber, vitamins A and C, calcium, and protein are described.

Descriptors: Nutrition

Appraisal: There are many good snack ideas presented which include all food groups. The section on foods that may cause small children to choke is especially useful.

-
- 304 **Choose snacks wisely (Spanish title: Escoja sus bocadillos juiciosamente).** Sacramento, CA : WIC Supplemental Food Section, California Dept. of Health Services; Not dated.

Format: Pamphlet

Source: WIC Supplemental Food
Branch, 1103 North B St.,
Sacramento, CA 95814

Cost: Single copy free. \$6.00/100
copies. May reproduce with credit
given to source.

NAL Call No.: TX361.W55W52
no.128a-b

Reading Level: 5th grade

Language: English, Spanish

Abstract: This folded sheet discusses selection of snack foods. The information recommends that nutritious foods be selected for snacking and that high sugar, high fat snacks be avoided. Suggested snacks include fruits, raw vegetables, nuts, yogurt, and fruit juices. The sheet warns against feeding young children items which may make them choke and provides recipes for some nutritious snacks.

Descriptors: Nutrition

Appraisal: Over 50 good snack ideas are presented. Foods that can cause children to choke are given a special section as are snacks to avoid. The recipes are simple and would be accepted by children as well as adults. The Spanish translation may not be appropriate for all Hispanic groups.

- 305 Healthy snack choices, poor snack choices.** San Mateo, CA : California Conference of Local Health Department Nutritionists; Not dated.

Format: Poster

Source: San Mateo County Public Health Nutrition Program, 225 N. 37th Ave., San Mateo, CA 94403

Cost: \$6.00/per poster plus \$3.50 postage and handling (limit 10 posters per mailer).

NAL Call No.: Graphic no.229

Language: English, Vietnamese, Thai, Chinese, Laotian

Abstract: This multilingual poster illustrates healthy and poor snack food choices.

Descriptors: Nutrition

Appraisal: Beautiful color poster showing healthy snack choices in one box and poor snack choices in another. The message is clear even if one does not speak any of the four languages which appear on the poster.

- 306 Healthy snack ideas.** Revised. Harrisburg, PA : Pennsylvania Dept. of Health; 1989.

Format: Pamphlet

Source: Pennsylvania Dept. of Health, Public Health Nutrition Services, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.155

Reading Level: 6th grade

Language: English

Abstract: This folded sheet discusses the selection of healthy snack foods. Several food lists provide ideas for nutritious snack foods and several recipes for healthy drinks, sandwiches, and other snacks are provided.

Descriptors: Nutrition

Appraisal: Over 75 nutritious snack ideas are given. Most of the snack ideas are low in fat. Recipes are easy-to-understand and quick to make. Snacks that might choke a young child are not pointed out.

- 307 Nutritious cookie recipes.**
Englewood, CO : Tri-County
Health Dept.; Not dated.

Format: Pamphlet

Source: Tri-County Health Dept.,
Nutrition Division, 7000 E. Bel-
levue, Suite 301, Englewood, CO
80111

Cost: \$.50/copy; \$.25/copy with
self-addressed, stamped envelope;
\$1.50/100 copies; \$10.00 for white
master copy. May reproduce with
credit to agency.

NAL Call No.: TX361.W55W52
no.112

Reading Level: 4th grade

Language: English

Abstract: This sheet provides recipes for three nutritious cookies: carrot cookies, cream of wheat cookies, and whole wheat chocolate chip cookies. Substitutions for nuts and buttermilk are given.

Descriptors: Nutrition

Appraisal: The cookies could be made and offered to clients with the recipes as a gift to take home and use. The yield is given for one out of the three recipes.

- 308 Super nutritious appetizing calorie-counting kit of snacks.**
Raleigh, NC : DHS, Maternal &
Child Health ; DHS, Nutrition &
Dietary Services, Dept. of Human
Resources, State of N.C; Not
dated.

Format: Pamphlet

Source: North Carolina Agricultural Extension Service, Box 7603,
NC State University, Raleigh, NC
27695

Cost: 1-5 copies free, bulk
\$.10/copy. Include mailing label.
May reproduce with credit given
to source.

NAL Call No.: TX361.W55W52
no.22

Reading Level: 6th grade

Language: English

Abstract: This folded sheet provides snack food ideas for a variety of groups including young children, pregnant women, teenagers, and calorie counters.

Descriptors: Nutrition

Appraisal: The lists of snack foods are nutritious, but boring. Four separate lists of snacks for four different groups limits the scope. Foods like yogurt and graham crackers were left off the list for young children. Creative snacks could have been included, if the number of target groups was limited.

Dental Care

- 309 The Hazards of too much sugar.** Cedar Rapids, IA : HACAP-WIC Program; Not dated.

Format: Pamphlet

Source: HACAP-WIC, 320 11th Ave., SE, Cedar Rapids, IA 52406

Cost: \$.10. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.141

Reading Level: 5th grade

Language: English

Abstract: This folded sheet discusses the problems caused by sugar consumption and provides guidelines for sugar intake.

Descriptors: Nutrition

Appraisal: Good substitutes for high sugar snacks are suggested in the snacking guide. "Sugar tips" include usable information on food labeling. The role of sugar in tooth decay might be confusing because plaque is not defined. All capital letters are used in a large percentage of the text.

Audiovisuals for All Program Participant Audiences

- 310 Arnie Armadillo discovers vitamin A.** Austin, TX : The Texas Dept. of Health, WIC Program; 1982.

Format: Slides with script, cassette, (37 slides); Video, VHS, 1/2", FNIC copy of video contains 22 segments of the series. Request title "WIC Program"

Source: Texas Dept. of Health, WIC Bureau, 1100 W. 49th St., Austin, TX 78756

Cost: Slide/tape 1st copy \$19.04, 2nd-9th copies \$9.52. Video 1st copy \$7.50, 2nd-27th copies \$6.50.

NAL Call No.: Slide no.302; Videocassette no.696; Videocassette no.697 (Spanish)

Language: English, Spanish

Abstract: In this slide program, the importance of vitamin A in the diet is discussed in an animated setting of an armadillo running into a "Doc Rabbit", who diagnoses Arnie's dry flaky skin and vision problems as symptoms of vitamin A deficiency. The food sources of vitamin A are then discussed.

Descriptors: Nutrition

Appraisal: This slide program provides a thorough presentation with colorful photographs of vitamin A rich foods and great ideas for preparing them (such as broccoli pizza and spinach tacos). Young children will like the cartoon figures at the beginning and end. Speaker refers to the WIC clinic and WIC foods. Excellent lesson plan included. The entire series is also available from FNIC as a complete set on four VHS videotapes.

- 311 Nutrient needs.** Washington, DC : Universal Health Associates; 1987.

Format: Video, VHS, 1/2", (11 min.)

Source: Universal Health Associates, P.O. Box 65465, Washington, DC 20035 (202) 429-9506

Cost: \$95.00

NAL Call No.: Videocassette no. 713

Language: English

Abstract: This animated video program discusses the five main nutrient groups. It provides many examples of which foods supply which nutrient requirement. Why the body needs each nutrient group is explained and what items should be limited or avoided are also discussed.

Descriptors: Nutrition

Appraisal: This video is a series of cartoon pictures rather than a motion picture. At times the information presented is complex and lengthy, however the humorous illustrations and sound effects help to maintain the viewer's interest. It is presented like a basic nutrition lesson on nutrients in the body.

- 312 Snack facts.** Washington, DC : Universal Health Associates; 1987.

Format: Video, VHS, 1/2", (11 min.)

Source: Universal Health Associates, P.O. Box 65465, Washington, DC 20035 (202) 429-9506

Cost: \$95.00

NAL Call No.: Videocassette no.720

Language: English

Abstract: This animated, video program discusses nutrients the body needs versus what the typical snack foods contain. More nutritious snack foods are then presented.

Descriptors: Snack foods

Appraisal: This is a video of a slide/tape presentation in a cartoon format rather than a movie. The cartoon illustrations and sound effects are clever. The key concepts are repeated and summarized to enhance viewer understanding. More suggestions for nutritious snacks could have been provided, and less emphasis could have been placed upon the "evils" of white flour.

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- 313 The Vitamin C vendor.** Austin, TX : The Texas Dept. of Health, WIC Program; 1985.

Format: Slides with cassette, (43 slides)

Source: Texas Dept. of Health, WIC Bureau, 1100 W. 49th St., Austin, TX 78756

Cost: \$22.40 for 1 copy, \$11.20 for 2-9 copies. Video 1 copy \$7.50, 2-27 copies \$6.50 each.

NAL Call No.: Slide no.303, Videocassette; Videocassette no. 697 (Spanish)

Language: English, Spanish

Abstract: Through the animated story of a little boy going door to door selling vitamin C rich fruits and vegetables to Frankenstein, Dracula, and a pregnant WIC participant, this slide program discusses the benefits of vitamin C as well as storage and cooking methods to retain maximum amounts of vitamin C in the food.

Descriptors: vitamin C; Nutrition

Appraisal: This is a very entertaining slide show that children as well as adults can enjoy. Actors are white and hispanic. The pictures of vitamin C fruits are very appealing and WIC juices are stressed. The teacher's guide provides useful lessons and pre and post tests. The entire set is also available from FNIC on four VHS videotapes.

Program Outreach

- 314 Application and certification, Massachusetts WIC program** (Spanish title: *Solicitud y certificación Programa WIC de Massachusetts*). Boston, MA : Commissioner of Public Health; Not dated.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered.

NAL Call No.: TX361.W55W52 no.20

Reading Level: 9th grade

Language: English, Spanish

Abstract: This sheet provides a brief description of the application and certification process for the WIC program.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: The simple, step by step approach used, along with the clever illustrations, makes this sheet appealing. Some information is specific to Massachusetts, but the format could be adapted for use in other areas.

-
- 315 Better health through good nutrition.** Revised. Boston, MA : MA WIC/MCH Nutrition Education; 1985.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52 no.215

Reading Level: 7th grade

Language: English, Spanish

Abstract: This folded sheet describes WIC in Massachusetts.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: WIC is never defined in this pamphlet which states that an applicant must have a medical form filled out by a health professional (not all states require this). The printing can be seen through the very thin paper. Pamphlet is designed for use in Massachusetts but can be adapted for other use. Spanish version is well translated.

- 316 For the good of our children-- WIC cares.** Oklahoma City, OK : Cherokee Nation of Oklahoma WIC Program; Not dated.

Format: Poster

Source: Cherokee Nation, WIC Program, P.O. Box 948, Tahlequah, OK 74465

Cost: \$4.00 + \$1.25 for postage.

NAL Call No.: Graphic no.239

Language: English

Abstract: This poster depicts a mother breastfeeding her child and encourages mothers of the Cherokee Nation to breastfeed their infants.

Descriptors: Breastfeeding

Appraisal: The picture of a modern Native American woman nursing her child is very colorful and appealing. It also depicts a positive role model. Glossy paper adds to the attractiveness of this poster.

- 317 A Healthy start.** Raleigh, NC : NC Dept. of Human Resources, Division of Health Services, Maternal & Child Care Section, Nutrition & Dietary Services Branch; 1987.

Format: Poster

Source: Dept. of Environment, Health, and Natural Resources, WIC Section, P.O. Box 27687, Raleigh, NC 27611

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: Graphic no.212

Language: English

Abstract: This poster informs pregnant women of the WIC program and encourages them to utilize WIC's food and nutrition counseling in order to give their children a healthy start.

Descriptors: Pregnancy - nutritional aspects

Appraisal: This very attractive poster in pink, lavender and white uses the theme that WIC helps provide services to help pregnant moms get a "healthy start" for their unborn babies. No phone numbers are used, therefore this poster could easily be used by WIC agencies in other states. A companion handout is also available.

- 318 A Healthy start.** Raleigh, NC : North Carolina Dept. of Environment, Health, and Natural Resources, Maternal and Child Health Division, WIC Section; 1989.

Format: Pamphlet

Source: Dept. of Environment, Health, and Natural Resources, WIC Section, P.O. Box 27687, Raleigh, NC 27611

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.44

Reading Level: 6th grade

Language: English

Abstract: This folded sheet publicizes WIC. The information suggests that a mother should seek assistance from WIC as soon as the pregnancy is discovered in order to promote the health of the child.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: This eye-catching outreach material is shaped like a child's building block in pink, purple, and white. The information on WIC is general and inviting. There is no mention made that WIC has income guidelines. There are no phone numbers included, which would make this material adaptable to other state or local programs. There is also a companion poster available.

- 319 Let's talk WIC.** Indianapolis, IN : Indiana State Board of Health, Division of Nutrition; Not dated.

Format: Pamphlet

Source: Indiana State Board of Health, 1330 W. Michigan St., P.O. Box 1964, Indianapolis, IN 46206-1964

Cost: Single copy free. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.65

Reading Level: 10th grade

Language: English

Abstract: This folded sheet, written in a question and answer format, provides information about WIC. Questions such as: What is WIC?, Who is eligible for WIC?, and How can a person get WIC benefits? are answered.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: This attractive, colorful glossy pamphlet is specific to Indiana, but the format and illustrations could be adapted for use by other areas.

- 320 Special Supplemental Food Program for Women, Infants and Children.** Lincoln, NE : WIC Program, Nebraska State Dept. of Health, Nutrition Div; Not dated.

Format: Pamphlet

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, Lincoln, NE 68509

Cost: Send self-addressed, stamped envelope for single copy. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52 no.295

Reading Level: 8th grade

Language: English

Abstract: This folded sheet briefly describes WIC, including its purposes, benefits, and who is eligible to apply for participation.

Descriptors: Nutrition

Appraisal: This simple, clear explanation of WIC is presented in a question and answer format. The residency requirement is not mentioned as eligibility criteria. Nebraska State WIC office is printed on the back but material can be adapted for use by other areas.

321 Special Supplemental Food Program for Women, Infants, Children. Des Moines, IA : Iowa Dept. of Public health; Not dated.
Format: Pamphlet

Source: Iowa Dept. of Public Health, Nutrition Bureau, 3rd Floor, Lucas Bldg., Des Moines, IA 50319-0075

Cost: Include mailing label. May reproduce with credit given to source.

NAL Call No.: TX361.W55W52
no.149

Reading Level: 9th grade

Language: English

Abstract: This folded sheet discusses WIC. Several questions are answered including: What is WIC?, Can I join WIC?, and What will I receive?

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: This attractive, straightforward material written for Iowa WIC applicants may be adapted for use by other states.

322 Stretch your food dollars (Spanish title: **Economize su dinero**). Boston, MA : Massachusetts WIC Program, Commonwealth of Massachusetts, Dept. of Public Health; 1989.

Format: Pamphlet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52
no.257a-b

Reading Level: 10th grade

Language: English, Spanish

Abstract: This sheet publicizes WIC, its benefits and activities, and notifies those who are eligible how to contact the WIC office to apply for the program.

Descriptors: Nutrition

Appraisal: The unique format reads like an advertisement. Massachusetts income guidelines and phone number are included but sheet can be adapted for use in other areas.

323 What is a WIC fair hearing? Boston, MA : Massachusetts WIC Program; 1983.

Format: Single sheet

Source: Massachusetts WIC Program, 150 Tremont St., 3rd Floor, Boston, MA 02111

Cost: Single copy free. Permission to reproduce is granted if the Massachusetts WIC Program's name is not altered. Specify language.

NAL Call No.: TX361.W55W52 no.172a-g

Reading Level: 7th grade

Language: English, Cambodian, Chinese, Portuguese, Laotian, Spanish, Vietnamese

Abstract: This sheet explains the concept of a WIC fair hearing, which is used to challenge a cessation or denial of WIC benefits.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: The writing approach is personal and positive. The text is lengthy, with only one illustration, small print, and few topic headings. Several ethnic groups are represented in the illustration.

324 WIC: for your baby's sake. Washington, DC : U.S. Dept. of Agriculture, Food and Nutrition Services; 1989.

Format: Poster

Source: USDA, FNS, Supplemental Food Programs Division, 3101 Park Center Dr., Room 1017, Alexandria, VA 22302

Cost: Single copy free. Specify # PA-1444

NAL Call No.: Graphic no.201

Language: English

Abstract: This poster publicizes the WIC program and encourages eligible persons to apply for benefits.

Descriptors: Special Supplemental Food Program for Women, Infants, and Children

Appraisal: This attractive and informative poster promotes WIC services and lists eligibility. There is a blank space for local agency to include phone number. Minorities are represented in pictures.

Appendix A

Evaluation Forms for Print and Audiovisual Materials

Copies of the evaluation forms used to evaluate materials for the *Resource Guide* are included in this section. These evaluation forms were developed by staff of FNIC, FNS, and NAWD and reviewed by the NAWD Oversight Committee. You may copy or modify these forms to evaluate your own materials.

Print Materials Evaluation Worksheet

I. TITLE: _____

II. AUTHOR: _____

III. PUBLISHER: _____ DATE: _____

IV. SOURCE (WHERE TO OBTAIN): _____

V. REPRODUCTION: ____ YES ____ NO (Terms _____)

VI. COST: ____ SPECIAL INSTRUCTIONS: _____

VII. FORMAT:

A. PRINT:

_____ book	_____ poster
_____ booklet	_____ single sheet
_____ pamphlet (< 5 p.)	_____ other (specify) _____

VIII. LENGTH:

_____ number of pages _____ 1 sheet folded

IX. LANGUAGE: (CHECK ALL THAT APPLY)

_____ English _____ Spanish
_____ Other (specify): _____

X. ETHNIC ORIENTATION:

_____ Caucasian	_____ Native American
_____ Asian	_____ Black
_____ Indiscernible	_____ Hispanic
_____ Other (specify): _____	

XI. TARGET AUDIENCE (Check all that apply.):

_____ Pregnant Adolescent	_____ Infant Caretaker	_____ Pregnant Women
_____ Preschool Child Caretaker	_____ Lactating Women	_____ Children
_____ Postpartum Women	_____ Adolescent	_____ Adult
_____ Other (specify): _____		

XII. INSTRUCTIONAL LEVEL:

_____ Professional _____ Paraprofessional _____ Consumer

XIII. INTENDED USE:

_____ Self instruction	_____ Teaching guide for staff	_____ Outreach/program information
_____ Teaching tool for client education	_____ Other (specify) _____	

IVX. READABILITY: (PRINT MATERIALS ONLY)

Grade Reading Level: _____ Method of Calculation: _____

ID NUMBER:

Evaluator: _____

Review Date: _____

DISPOSITION:

_____ USE
_____ REJECT
_____ Average of section scores < 65%
_____ Total points within accuracy < 65%
_____ Sponsor bias/promo rated poor
_____ Readability less than grade 10

SCORING:

Print Materials: (list % for category)

_____ Content
_____ Readability
_____ Stereotyping
_____ Format
_____ Instructional Aids
_____ OVERALL SCORE

OBJECTIVE RATING SHEET

Scoring:

Total number of points awarded and possible within each subheading.
Items not applicable should be excluded from the possible number of points.

Point scale:

Superior (S) = 3 points

Adequate (A) = 2 points

Poor (P) = 1 point

Not applicable (N/A) = 0 points

Print Materials (including scripts for films)

1. Content:

Purpose

- Superior - Clear purpose of material stated in title or introduction.
- Adequate - Purpose stated in title or introduction is vague and content of material is unclear.
- Poor - No purpose stated in title or introduction.

S	A	P	N/A
3	2	1	N/A

Organization

- Superior - Material well organized and major points presented clearly. Material does not assume that reader has background information.
- Adequate - Material is easy to read. Material is organized but not all major points are easily identified.
- Poor - Material is poorly organized, and major points are not easily identified. Author assumes reader has wealth of background information.

3	2	1	N/A
---	---	---	-----

Accuracy

- Superior - Information is accurate and recommendations current.
- Adequate - Information is accurate; however, there are minor points that are disputable or not current.
- Poor - Information contains major inaccuracies or recommendations are outdated.

3	2	1	N/A
---	---	---	-----

Special Interests

- Superior - Material solely directed toward special needs and interests of intended audience.
- Adequate - Material written for general audience, with remarks or sections on the special needs and interests of intended audience included.
- Poor - Material does not consider the special needs and interests of intended audience or does so in a condescending manner.

3	2	1	N/A
---	---	---	-----

Scope

- Superior - Scope of information appropriate for target audience and essential topics discussed in appropriate detail.
- Adequate - Scope of information appropriate for target audience. Adequate coverage of topic.
- Poor - Scope of information is not appropriate for target audience (insufficient or excessive).

3	2	1	N/A
---	---	---	-----

Summarization and Review

- Superior - All major ideas summarized or reviewed to reinforce key concepts; summaries easily identified.
- Adequate - Some major ideas summarized or reviewed; summaries not easily identified.
- Poor - Few or no major ideas summarized or reviewed.

3	2	1	N/A
---	---	---	-----

	S	A	P	N/A
<u>Objectivity/Sponsor Bias</u>	3	2	1	N/A
Superior - Subject matter presented objectively and fairly. No brand name promotion or obvious sponsor bias.				
Adequate - Subject matter presented objectively and fairly. Company name may be mentioned but product name is not contained in text or illustrations.				
Poor - Subject matter presented in a biased manner. Brand name promotion or obvious sponsor bias is contained in text or illustrations.				
CONTENT	TOTAL <u> </u> / <u> </u> = <u> </u> % score possible			
2. Readability:				
<u>Suitable Reading Level:</u> (Reject if grade level \geq 10th grade)	3	2	1	N/A
Superior - less than 6th grade				
Adequate - less than 8th grade				
Poor - 8th grade or higher				
<u>Vocabulary</u>	3	2	1	N/A
Superior - Vocabulary used is familiar to audience. Few or no technical terms are used.				
Adequate - Most words used are familiar to audience. Some technical terms are used.				
Poor - Excessive use of unfamiliar words or technical terms.				
<u>Definitions/Explanations for Technical Terms</u>	3	2	1	N/A
Superior - Definitions/explanations provided for technical terms found in the material.				
Adequate - Definitions provided for some of the technical terms found in the material.				
Poor - No definitions provided for technical terms found in the material.				
<u>Writing Style</u>	3	2	1	N/A
Superior - Main ideas are clear and flow smoothly.				
Adequate - Main ideas are clear, but sequence of information may not flow smoothly in all sections.				
Poor - Main ideas are not clearly detectable and internal organization does not flow from one idea to the next.				
<u>Writing Approach</u>	3	2	1	N/A
Superior - Writing approach is positive and personal. Active voice is used most of the time.				
Adequate - Material is easy to read but does not personally involve the reader. Limited use of negative wording (e.g., "Don't eat"). Active voice is used most of the time.				
Poor - Highly emotional, threatening, negative, or other inappropriate writing approach used. Passive voice is used or active voice is used inconsistently.				
READABILITY	TOTAL <u> </u> / <u> </u> = <u> </u> % score possible			

3. Stereotyping:

Positive Role Models

- Superior - Positive role models are provided in text and illustrations. Women and/or men presented as having many roles, traits, and emotions.
- Adequate - Material does not include any negative stereotypes but fails to consider women and or men in nontraditional roles.
- Poor - Material includes negative stereotypes. Women and/or men are depicted as having limited abilities, traits, roles and emotions.

Minority Representation (Refer to section X on cover sheet)

- Superior - Racial, ethnic, and religious groups are represented in a factual manner showing a variety of roles, occupations, and values reflective of a pluralistic society.
- Adequate - Material does not include any outright negative stereotypes concerning racial, religious, or ethnic groups.
- Poor - Material includes negative stereotypes of racial, ethnic, or religious groups.

Different Lifestyles/Food Patterns

- Superior - Material emphasizes a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.
- Adequate - Material reflects, but does not emphasize, a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.
- Poor - Material does not address a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.

STEREOTYPING

TOTAL ____ / ____ = ____ %
score possible

4. Format:

Paper Quality

- Superior - Material uses heavy weight, non-gloss or semi-gloss paper, and print from one side cannot be seen on the other side.
- Adequate - Material uses medium weight, non-gloss or semi-gloss paper, and print from one side is not obvious or distracting even though it can be seen on the other side.
- Poor - Material uses light weight, high-gloss paper, and/or print can be seen through paper and is distracting.

Type Face/Type Style

- Superior - Text is written with a print size greater than 11 point type. A Roman or plain face type with serifs is used.
- Adequate - Text is written with a print size between 10 - 11 point type. A face type with serifs is used for the main body of print.
- Poor - Text is written in a 9 point type or smaller. A non-serif or *fancy type print* OR CAPITAL LETTERS ARE USED FOR THE MAIN BODY OF PRINT.

S A P N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

S	A	P	N/A
3	2	1	N/A

Supportive Illustrations

- Superior - All of the illustrations contribute to the material, and are on the same page as their textual references. Tables and graphs are as simple and easy to read as possible. All information needed in graphs and tables is provided in a form requiring no further explanation.
- Adequate - Illustrations are related to the material in some way. Most tables and graphs are as simple and easy to read as possible. In most tables and graphs, information is provided in a form requiring no further explanation.
- Poor - Illustrations detract from the materials in some way and require further explanation.

3	2	1	N/A
---	---	---	-----

Layout and Design

- Superior - Color, design, and layout of material is attractive, and stimulates interest. Print is easily read (light print on dark paper, dark print on light paper).
- Adequate - Color, design, and layout of material is attractive, but title or illustrations do not stimulate interest. Print is easily read.
- Poor - Color, design, and layout is distracting, and/or print is difficult to read.

FORMAT

TOTAL / = %
 score possible

5. Instructional Aids:

Learning Activities, Questions, or Projects

3	2	1	N/A
---	---	---	-----

- Superior - Material includes a variety of stimulating and interesting learning experiences, questions, projects, or suggestions for further action that will involve the reader. (e.g., an activity where the reader circles favorite high iron foods).
- Adequate - Material mentions appropriate learning activities, questions, projects, and/or suggestions for further action that the reader can follow through.
- Poor - Material does not mention any learning activities or mentions unrealistic or inappropriate learning experiences, questions, projects, or suggestions for further action.

Recipes/M meal plans

3	2	1	N/A
---	---	---	-----

- Superior - Recipes or meal plans are appropriate to target audience, and consider the following factors: recipes utilize low-cost ingredients, are easy to read, use WIC/CSF Program foods, provide key nutrients, and use common equipment. Recipes teach desirable food behavior.
- Adequate - Recipes or meal plans are somewhat appropriate for target audience. Recipes or meal plans consider some of the above factors.
- Poor - Recipes or meal plans not appropriate for target audience. Few or none of the factors listed under "Superior" are considered. Recipes do not teach desirable food behavior.

Headings

- Superior - Clear headings are provided for each new topic area.
Adequate - Topic headings are not clear and/or are provided for most but not all topic areas.
Poor - Few or no topic headings provided. Material appears as one solid gray mass.

Typographic Cues

- Superior - Material uses bold-face type, italics, boxes, etc., to emphasize new terminology, questions, or important information.
Adequate - Material uses different types of print only for chapter and/or paragraph headings.
Poor - Little or no variation in size and type of print, or so much variation that cuing loses its value.

INSTRUCTIONAL AIDS

S	A	P	N/A
3	2	1	N/A

3	2	1	N/A
---	---	---	-----

TOTAL / = %
score possible

SECTION TOTALS

Scoring: Print Materials
(Do not include N/A)

Section	Score/Possible	Percent
1) Content	<u> </u> / <u> </u>	<u> </u> %
2) Readability	<u> </u> / <u> </u>	<u> </u> %
3) Stereotyping	<u> </u> / <u> </u>	<u> </u> %
4) Format	<u> </u> / <u> </u>	<u> </u> %
5) Instruct. Aids	<u> </u> / <u> </u>	<u> </u> %

Grand Total: / %

Audiovisual Evaluation Worksheet

I. TITLE: _____

II. AUTHOR: _____

III. PUBLISHER: _____ DATE: _____

IV. SOURCE (WHERE TO OBTAIN): _____

V. REPRODUCTION: ____ YES ____ NO (Terms _____)

VI. COST: _____ SPECIAL INSTRUCTIONS: _____

VII. FORMAT:

A. AUDIOVISUAL:

____ audiocassette	____ transparencies
____ film	____ video ____ 1/2" ____ 3/4"
____ filmstrip	____ other (specify) _____
____ slides	

VIII. LENGTH:

____ number of slides ____ running time

IX. LANGUAGE: (CHECK ALL THAT APPLY)

____ English ____ Spanish
____ Other (specify): _____

X. ETHNIC ORIENTATION:

____ Caucasian	____ Native American
____ Asian	____ Black
____ Indiscernible	____ Hispanic
____ Other (specify): _____	

XI. TARGET AUDIENCE (Check all that apply.):

____ Pregnant Adolescent	____ Infant Caretaker	____ Pregnant Women
____ Preschool Child Caretaker	____ Lactating Women	____ Children
____ Postpartum Women	____ Adolescent	____ Adult
____ Other (specify): _____		

XII. INSTRUCTIONAL LEVEL:

____ Professional ____ Paraprofessional ____ Consumer

XIII. INTENDED USE:

____ Self instruction	____ Teaching guide for staff	____ Outreach/program information
____ Teaching tool for client education	____ Other (specify) _____	

ID NUMBER:

Evaluator: _____

Review Date: _____

DISPOSITION:

____ USE
____ REJECT
____ Average of section scores < 65%
____ Total points within accuracy < 65%
____ Sponsor bias/promo rated poor
____ Readability less than grade 10

SCORING:

Audiovisual Materials: (list % for category)

____ Content
____ Stereotyping
____ Presentation Format
____ Technical Quality
____ Instructional Aids
____ OVERALL SCORE

OBJECTIVE RATING SHEET

Scoring:

Total number of points awarded and possible within each subheading. Items not applicable should be excluded from the possible number of points.

Point scale:

Superior (S) = 3 points

Adequate (A) = 2 points

Poor (P) = 1 point

Not applicable (N/A) = 0 points

Audiovisual Materials

1. Content:

S A P N/A

Purpose

3 2 1 N/A

Superior - Clear purpose of material stated in title or introduction.

Adequate - Purpose stated in title or introduction is vague and not clear as to content of material.

Poor - No purpose stated in title or introduction.

Appropriateness for Target Audience

3 2 1 N/A

Superior - Content is relevant to the needs and concerns of the target audience. Material/situations presented reflect the lives and environment of the target population.

Adequate - Most of the content presented is relevant to the needs and concerns of the target audience. Material/situations presented reflect, in most cases, the lives and environment of the target population.

Poor - Content is minimally or not at all relevant to the needs and concerns of the target audience. Few or none of the materials/situations presented reflect the lives and environment of the target population.

Accuracy

3 2 1 N/A

Superior - Information is accurate and recommendations current.

Adequate - Information is accurate; however there are minor points that are disputable or not current.

Poor - Information contains major inaccuracies or recommendations are outdated.

Scope

3 2 1 N/A

Superior - Essential topics are included and presented in appropriate detail to promote comprehension and to enable appropriate problem solving skills.

Adequate - Most of the essential topics are included and presented in sufficient detail to promote comprehension.

Poor - Topics essential to discussion of subject are not presented or are provided in insufficient or excessive detail.

Objectivity/Sponsor Bias

3 2 1 N/A

Superior - Subject matter presented objectively and fairly. No brand name promotion or obvious sponsor bias.

Adequate - Subject matter presented objectively and fairly. Company name may be mentioned but product name is not contained in text or illustrations.

Poor - Subject matter presented in a biased manner. Brand name promotion or obvious sponsor bias is present in text or illustrations.

CONTENT

TOTAL / = %
score possible

2. Stereotyping:

Positive Role Models

- Superior - Positive role models are provided in text and illustrations. Women and/or men are presented as having many roles, traits, and emotions.
- Adequate - Material does not include any negative stereotypes but fails to consider women and/or men in untraditional roles.
- Poor - Material includes negative stereotypes. Women are depicted as having limited abilities, traits, roles, and emotions.

Minority Representation (Refer to Section X on Cover Sheet)

- Superior - Racial, ethnic, and religious groups are represented in a factual manner showing a variety of roles, occupations, and values reflective of a pluralistic society.
- Adequate - Material does not include negative stereotypes concerning any racial, religious, or ethnic group.
- Poor - Material includes negative stereotypes of racial, ethnic, or religious groups.

Different Lifestyles/Food Patterns

- Superior - Material emphasizes a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.
- Adequate - Material reflects but does not emphasize a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.
- Poor - Material does not address a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.

STEREOTYPING

TOTAL / = %
score possible

3. Presentation Format:

Quality

- Superior - Audio and/or visuals are mutually supportive to concept presentations.
- Adequate - Audio and/or visuals are not consistently supportive to presentation of concepts, but do not significantly distract from the presentation of concepts.
- Poor - Audio and/or visuals distract and impede the viewer's ability to comprehend the intended concepts.

Length

- Superior - Presentation less than 15 minutes.
- Adequate - Presentation between 15 minutes and 25 minutes.
- Poor - Presentation 25 minutes or more.

S A P N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

3 2 1 N/A

	S	A	P	N/A
<u>Pace</u>	3	2	1	N/A
Superior - Presentation progresses at a pace which facilitates comprehension. Pacing of dialogue is appropriate for absorbing concepts presented. Blank time is provided.				
Adequate - Most of the visual presentation progresses at a pace which facilitates comprehension. Pacing of dialogue is somewhat slow to allow some time for absorbing concepts presented. Limited blank time is provided.				
Poor - Presentation progresses at a rapid pace that rushes from point to point, or belabors points. Pacing of dialogue is rapid, or too slow. No blank time is provided.				
<u>Organization</u>	3	2	1	N/A
Superior - Material well organized and major points presented clearly. No assumptions of background information made.				
Adequate - Material is organized but not all major points are easily identified. Author makes assumptions as to client's knowledge of background information.				
Poor - Material is poorly organized, and major points are not easily identified. Author assumes reader has wealth of background information.				
<u>Vocabulary</u>	3	2	1	N/A
Superior - Vocabulary used is familiar to audience. Few or no technical terms are used.				
Adequate - Most words used are familiar to audience. Some technical terms used.				
Poor - Excessive use of technical or unfamiliar terms.				
<u>Tone</u>	3	2	1	N/A
Superior - Material presented positively in a friendly, respectful tone. Active voice used.				
Adequate - Overall tone of presentation is positive, friendly, and respectful. Material may not personally involve the observer. Few instances of negative wording. Active voice used most of the time.				
Poor - Tone is negative, paternalistic, or condescending. Active voice is used inconsistently.				

PRESENTATION FORMAT

TOTAL / = %
 score possible

4. Technical Quality:

S A P N/A

Auditory Quality

3 2 1 N/A

- Superior - Clear speaker, voice, and music; sound is audible; good quality of sound.
- Adequate - Clear speaker, voice, and music; sound is audible; may be a few distracting audio effects or inconsistent fidelity.
- Poor - Speaker's voice and music not clear; sound is inaudible; many distracting audio effects and inconsistent fidelity.

Visual Quality

3 2 1 N/A

- Superior - Visuals are clear and properly framed; graphics and titles are clearly visible; color, lighting, and editing enhances presentation of content.
- Adequate - Visuals are clear and properly framed; graphics and titles are clearly visible; color, lighting, and editing are adequate and do not detract from the presentation of content.
- Poor - Visuals are unclear; graphics and titles are difficult to read; color, lighting, and editing are distracting.

Continuity

3 2 1 N/A

- Superior - Continuity provides cohesiveness and smooth flow. Visuals in logical order. Auditory portion precisely matched with visual portion.
- Adequate - Continuity sufficient to provide some cohesiveness and smooth flow. Visuals somewhat logically sequenced. Auditory portion well matched with visual portion.
- Poor - Lack of cohesiveness between audio and visual portions. Poor transitions from one scene to another. Visuals poorly sequenced. Auditory portion not matched with visual portion.

TECHNICAL QUALITY

TOTAL / = %
score possible

5. Instructional Aids:

Teacher's Guide

3 2 1 N/A

- Superior - Teacher's guide included with suggestions for enhancing audiovisual presentation, pre- and post showing. Suggestions for follow-up learning activities/discussion questions included.
- Adequate - Teacher's guide included with some suggestions for enhancing audiovisual presentation, pre-and post showing.
- Poor - No teacher's guide included with material.

Learner Involvement

3 2 1 N/A

- Superior - Presentation seeks learner involvement, with questions and suggestions for further learning.
- Adequate - Presentation seeks some learner involvement, with some questions and suggestions for further learning.
- Poor - Presentation seeks no learner involvement, with no questions or suggestions for further learning.

Summarization and Review

Superior - Main ideas are summarized to reinforce key concepts.

Adequate - Most of the main ideas are summarized to reinforce key concepts.

Poor - Few or none of the main ideas are summarized to reinforce key concepts.

Credits, References, and Resources (Including dates, publisher, etc.)

Superior - Current and complete credits, references, and resources listed. (Credits may be on package.)

Adequate - Credits, references, and resources current but incomplete.

Poor - Credits, references, and resources outdated, inaccurate, and unusable, or no references/resources/credits provided.

INSTRUCTIONAL AIDS

S A P N/A

3 2 1 N/A

3 2 1 N/A

TOTAL / = %
score possible

SECTION TOTALS

Scoring: Audiovisual Materials
(Do not include N/A)

Section Score/Possible Percent

1) Content / %

2) Stereotyping / %

3) Presentation / %

4) Tech. Quality / %

5) Instruct. Aids / %

Grand Total: / %

Appendix B

References on Development and Evaluation of Nutrition Education Materials

Below is a list of references on the evaluation and development of nutrition education materials. The list emphasizes materials for health education and those for audiences with low literacy levels.

Please note that reference materials were not evaluated, but are included to assist the user of the resource guide in locating references on evaluation and development of nutrition education materials. Not all of the materials are available from FNIC.

Anderson, Marcy L. Fallick; Olson, Christine M.; and Rhodes, Kathleen. "Development and pilot testing of a tool for evaluating printed materials." *Journal of Nutrition Education*. 12(2):50-54, 1980.

Auerbach, Kathleen. "Beyond the issue of accuracy: Evaluating patient education materials for breastfeeding mothers." *Journal of Human Lactation*. 4(3):108-110, 1988.

Betterley, Connie and Dobson, Brenda. "Evaluation tools for nutrition education materials." *Journal of Nutrition Education*. 22:140B, 1990.

Carroll, Mary. "Four routes to better writing: *Grammatik III*, *Rightwriter*, *Punctuation & Style*, and *Readability Plus*." *Lotus*. July 1989, pp. 130-133.

Doak, Cecilia; Doak, Leonard; and Root, Jane. *Teaching Patients with Low Literacy Skills*. Hagerstown, MD: J.B. Lippencott Company, 1985, 172 pp.

Fry, Edward. "Readability formula that saves time." *Journal of Reading*. 2(7):512-516, 575-578, 1986.

Guidelines: Writing for Adults with Limited Reading Skills. Washington, DC: Food and Nutrition Service, USDA, February 1988, 22 pp.

Hartley, James. *Designing Instructional Text*. 2nd edition. New York: Nichols Publishing Company, 1985, 288 pp.

Jonassen, David. *The Technology of Text: Principles for Structuring, Designing, and Displaying Text*. Englewood Cliffs, NJ: Educational Technology Publications, 1982, 478 pp.

Lange, Bob. "Readability formulas: Second looks, second thoughts." *The Reading Teacher*. April 1982, pp. 858-861.

Making PSAs Work: A Handbook for Health Communication Professionals. NIH Publication No. 83-2485. Bethesda, MD: U.S. Department of Health and Human Services, National Cancer Institute, 1983. (Available from: National Cancer Institute, Office of Cancer Communications, Bldg. 31, Room 10A24, Bethesda, MD 20892)

McCabe, Beverly; Tysinger, James; Kreger, M.; and Currwin, Anne Cockran. "A strategy for designing effective patient education materials." *Journal of the American Dietetic Association* 89 (9): 1290-1295, 1989.

Nitzke, Susan, et. al. *Writing for Reading. Guide for Developing Print Materials in Nutrition for Low Literacy Adults*. Madison, WI: College of Agricultural and Life Sciences, University of Wisconsin-Madison, 1986.

Nitzke, Susan. "Improving the effectiveness of nutrition education materials for low literacy clients." *Nutrition Today*. September/October 1989, pp. 17-23.

- Nitzke, Susan; Aderman, Betty; and Voichick, Jane. "Developing materials for low-income low-literacy audiences." *Journal of Nutrition Education*. 18:226B, 1986.
- Nutrition Education Opportunities: Strategies to Help Clients with Limited Reading Skills*. Columbus, OH: Ross Laboratories, 1989, 77 pp. (Available from: Ross Laboratories, 625 Cleveland Ave., Columbus, OH 43215)
- Oby, Karen J. *Guide for Evaluation of Nutrition Education Materials*. Bismarck, ND: North Dakota State Department of Health, Maternal Child Health/WIC, 1989.
- Parker, Edmond. *Making Instructions Readable. Performance and Instruction*. April 1989, pp. 26-27.
- Pett, Dennis W., Ed. *Audio-visual Communication Handbook*. Bloomington, IN: Audiovisual Center, Indiana University (Peace Corps Contract 25-1707), 1976. (Available from: World Neighbors, International Headquarters, 5116 North Portland Ave., Oklahoma City, OK 73112)
- Scully, Sarah and Doyle, Joan. *E.M.P.O.W.E.R.: Evaluate Materials to Promote Optimal Use of WIC Education Resources*. Boston, MA: Massachusetts WIC Program, Massachusetts Department of Public Health, April 1985.
- Smith, Suzanne B. and Alford, Betty J. "Literate and semi-literate audiences: Tips for effective teaching." *Journal of Nutrition Education*. 20:238B, 1988.
- Spiegel, Glenn and Campbell, John J. *Measuring readability with a computer: What we can learn*. Paper presented at the Meeting of the UCLA Conference on "Computers and Writing: New Directions in Teaching and Research." Los Angeles, CA, May 4-5, 1985, 18 pp. (Available from: ERIC Document Reproduction Service, 3900 Wheeler Ave., Alexandria, VA 22304-6409, #ED 262-386)
- Zimmerman, Margot; Newton, Nancy; Frumin, L.; and Wittet, Scott. *Developing Health and Family Planning Print Materials for Low-Literate Audiences: A Guide*. Washington, DC: Program for Appropriate Technology in Health (PATH), 1989. (Available from: PATH, 1990 M Street, NW, Suite 700, Washington, DC 20036, \$3.00 plus \$1.00 postage and handling)

Appendix C

Overview of Readability

A readability formula is used to determine the reading grade level of written material. It measures the complexity of written material based on factors such as word length, sentence length, and number of difficult words. Generally, lower grade level ratings mean that the material is easier to read and has shorter, less complex sentences and simpler words.

Common readability formulas include the Fry, SMOG, FOG, Flesch-Kincaid, Dale-Chall, and Spache formulas. Many of these readability formulas have been incorporated into software programs for the personal computer (see list below).

These formulas are just one measure of the readability of written material. They are quick and useful tools but should not be used as an absolute measure. The mathematically based formulas do not evaluate the context of the material nor do they consider the reader's familiarity with the words used, their prior knowledge about or interest in a topic, or their common vocabulary. For example, common words with three or more syllables, such as refrigerator or hospital, increase reading grade level.

When evaluating readability, the limitations of the formulas and characteristics of the client populations should be considered. Because of variations between the formulas, two formulas may calculate different grade levels for the same material. Some formulas were developed for a particular audience, e.g., elementary school children, which may influence the results. For this reason, a readability formula should be used as just one part of the evaluation of the material and be a guide for determining the difficulty of reading written material.

Additional references on readability are listed in Appendix B.

Readability Software

Listed below are software programs which analyze materials for reading level. The *RightWriter* program was used to assess the readability of materials in this bibliography.

Corporate Voice (formerly called *Readability Plus*)
Scandinavian PC Systems, Inc.
51 Monroe St., Suite 1101
Rockville, MD 20850
1-800-288-7226

Readability
Micro Power and Light Company
8814 Sanshire Avenue
Dallas, TX 75231
214-239-6620
(Available for IBM and Apple)

Readability Formulas, 2nd Edition
Looking Glass Learning Products, Inc.
865 Busse Highway
Park Ridge, IL 60068
1-800-545-5457

RightWriter
RightSoft, Inc.
4545 Samuel Street
Sarasota, FL 34233
1-800-992-0244

Appendix D

Reference Books on Nutrition for Pregnancy, Lactation, Infants, and Young Children

The following is a list of reference books on nutrition for pregnancy, lactation, infants, and preschool children. This list is included to assist the user of the *Resource Guide* in locating more information on nutritional needs of and dietary recommendations for the WIC/CSF population. All materials listed are available for loan from FNIC.

- Bennett, Anne. *Dietitian's Desk Reference*. Englewood, CO: Tri-County Health Department, 1989, 250 pp. (Available from: Nutrition Division, Tri-County Health Dept., 7000 E. Belview, Suite 301, Englewood, CO 80111, \$29.95)
- Butman, Marcia; Bayle, Louise T.; and Stern, Linda J. *Prenatal Nutrition: A Clinical Manual*. 2nd edition. Boston, MA: Prenatal Task Force of Maternal and Child Health, Massachusetts Dept. of Public Health, 1989, 198 pp. (Available from: State House Book Store, State House, Room 116, Boston, MA 02133, \$13.75)
- DeBruyne, Linda K.; Rolfes, Sharon R.; and Whitney, Eleanor N., ed. *Lifecycle Nutrition: Conception Through Adolescence*. St. Paul, MN: West Publishing Co., 1989, 402 pp.
- Food and Nutrition Board. National Research Council. *Nutrition During Lactation*. Washington, DC: National Academy Press, 1991, 375 pp. (Available from: National Academy Press, 2101 Constitution Ave., NW, Washington, DC 20418, \$34.95)
- Food and Nutrition Board. National Research Council. *Nutrition During Pregnancy: Part I: Weight Gain; Part II: Nutrient Supplements*. Washington, DC: National Academy Press, 1989, 468 pp. (Available from: National Academy Press, 2101 Constitution Ave., NW, Washington, DC 20418, \$34.95)
- Food and Nutrition Board. National Research Council. *Recommended Dietary Allowances*. 10th edition. Washington, DC: National Academy Press, 1989, 283 pp. (Available from: National Academy Press, 2101 Constitution Ave., NW, Washington, DC 20418, \$19.95)
- Goldfarb, Johanna and Tibbetts, Edith. *Breastfeeding Handbook: A Practical Reference for Physicians, Nurses, and Other Health Professionals*. Revised edition. Hillside, NJ: Enslow Publishers, 1989, 256 pp.
- Lawrence, Ruth A. *Breastfeeding: A Guide for the Medical Profession*. 3rd edition. St. Louis, MO: C.V. Mosby Company, 1989, 652 pp.
- McGuire, Doris and Roth, Penny. *Lactation Counselor's Manual*. Springfield, IL: Illinois Department of Public Health, 1989 (Available from: Illinois Dept. of Public Health, Div. of Health Assessment & Screening, Nutrition Services Section, 535 W. Jefferson, Springfield, IL 62761)
- McWilliams, Margaret. *Nutrition for the Growing Years*. 4th edition. New York: Macmillan Publishing Co., 1986, 449 pp.
- Pipes, Peggy L. *Nutrition in Infancy and Childhood*. 4th edition. St. Louis, MO: Times Mirror/Mosby College Publishers, 1989, 425 pp.
- Riordan, Jan. *A Practical Guide to Breastfeeding*. St. Louis, MO: C.V. Mosby Company, 1983, 383 pp.
- Satter, Ellyn. *Child of Mine*. Palo Alto, CA: Bull Publishing Co., 1986, 463 pp.

- Saunders, Stephen E. *Breastfeeding: A Problem Solving Manual*. 2nd edition. Amityville, NY: Essential Medical Information Systems, 1988, 156 pp.
- Story, Mary. *Nutritional Management of the Pregnant Adolescent: A Practical Reference Guide*. Rockville, MD: U.S. Department of Health and Human Services, Bureau of Maternal and Child Health and Resources Development, 1990, 182 pp. (Available from: The Maternal and Child Health Clearinghouse, 38th and R Sts., NW, Washington, DC 20057)
- Tsang, Reginald C. and Nichols, Buford L., eds. *Nutrition During Infancy*. Philadelphia, PA: Hanley & Belfus, Inc., 1988, 440 pp.
- Williams, Sue R.; Worthington-Roberts, Bonnie; and Schlenker, Eleanor, D., eds. *Nutrition Through the Lifecycle*. St. Louis, MO: Times Mirror/Mosby College Publishers, 1988, 597 pp.
- Worthington-Roberts, Bonnie and Williams, Sue Rodwell. *Nutrition in Pregnancy and Lactation*. St. Louis, MO: Mosby College Publishers, 1989, 510 pp.

Indexes

The nutrition education materials listed in this *Resource Guide* have been indexed into four categories to help you quickly locate materials of interest. The first index lists materials alphabetically by title. The second index lists audiovisuals by type, for example, audiovisuals or slides. Within each audiovisual type, titles are listed alphabetically. The third index groups materials that are written in non-English languages. The final index groups materials that can be ordered from the same source.

Title Index

- The ABC's of breastfeeding. --- 103
- The ABC's of smart snacking. --- 303
- About tots and tooth care. Revised. --- 161
- Adding calories nutritiously: for women and children. --- 225
- Alimente a su bebé con cariño. [Feed your baby with love] --- 60
- Application and certification, Massachusetts WIC program. (Spanish title: Solicitud y certificación Programa WIC de Massachusetts). --- 314
- Arnie Armadillo discovers vitamin A. --- 310
- At this very special time in your life. --- 14
- Baby bottle tooth decay. (Hmong title: Lub raaj txiv mig nws ua rua miv nyuas cov nav mob). --- 178
- Baby, let's eat! --- 114
- Basic bean cookery. --- 291
- Be a healthy mom ... take care of yourself! --- 41
- Be good to your baby before it is born. (Spanish title: Cuide bien a su bebé antes de que nazca). --- 1
- Beans, where have you bean? --- 292
- Better health through good nutrition. Revised. --- 315
- Beverages for baby: birth to one year. --- 115
- Blackeyed peas. --- 293
- Breads and cereals. --- 283
- Breakfast is important for you! (Spanish title: ¡El desayuno es importante para usted!). --- 247
- Breast feeding. --- 61, 62, 104
- Breast feeding, baby's best start: [Spanish title: Dar (el) pecho, el mejor comienzo para su bebé]. --- 63
- Breast feeding techniques that work! --- 105
- Breast milk: the best food you can give your baby. --- 64
- Breastfed babies-- are happy, grow so well, smell so good, let mom rest. --- 65
- Breastfeeding. --- 66
- Breastfeeding: a handbook for new mothers. --- 67
- Breastfeeding: the art of mothering. --- 106
- Breastfeeding basics: easy-to-read, easy-to-use directions for the breastfeeding mother. --- 68
- Breastfeeding fact sheets. --- 69
- Breastfeeding--for all the right reasons. --- 70
- Breastfeeding for all the right reasons. --- 71
- Breastfeeding for healthy mothers, healthy babies. --- 107
- Breastfeeding, getting started. --- 72
- Breastfeeding-- getting started together (Spanish title: Dar pecho: comenzando juntos). --- 108
- Breastfeeding problems can be avoided. --- 96
- Breastfeeding. Revised. --- 109
- Breastfeeding Series. --- 73
- Breastfeeding success for working mothers. --- 97

Breastfeeding your baby. --- 110

Breastfeeding your baby: a mother's guide. --- 111

Breastfeeding your baby: why should you consider it? --- 74

Breastfeeding your new baby. --- 75

Bright from the start: the story of the nursing bottle and your child's teeth. (Spanish title: Brillante desde el principio: una historia de los dientes de su hijo). --- 179

Building blood. --- 263

But mom--I hate vegetables (Spanish title: ¡ Pero mamá--no me gustan los vegetales!). --- 213

Buying, making and storing baby food- birth to 12 months. --- 158

Caffeine and your body. Revised. --- 248

Calcium. --- 264

Calcium--why is it important to women? --- 265

Can breastfeeding become the cultural norm? --- 76

Cheese and--. --- 294

Cherokee Nation WIC presents infant feeding. --- 116

Chew chew slo-o-owly: prevent food choking in your children (Spanish title: Chew chew slo-o-owly : prevenga que los niños se ahogen con alimentos). Revised. --- 186

The child with AIDS (human immunodeficiency virus): a guide for the family. --- 226

Children and weight control: building lifelong habits. --- 227

Child-size servings. --- 214

Choices: eating right for pregnancy. Revised. --- 44

Choose snacks wisely (Spanish title: Escoja sus bocadillos juiciosamente). --- 304

Choosing heart healthy cheeses. --- 295

Clinical management of gastroesophageal reflux: a guide for parents. --- 169

Common questions about breastfeeding. Revised. --- 77

Conquer anemia (Spanish title: ¡Vencer la anemia!). --- 266

Controlling your child's weight. --- 242

Daily food guide: good choices for healthy families. --- 249

A Daily food guide. Revised. --- 250

[Daily food guide]. --- 15

Dark green and yellow fruits and vegetables. --- 267

Diabetes & pregnancy: what to expect. --- 29

Diet and nutrition : a resource for parents of children with cancer. --- 228

Diet guidelines for children with AIDS. --- 229

Does breastfeeding take too much time? --- 78

An easy diet for breastfeeding mothers. --- 94

Eat healthy foods for a healthy baby. --- 35

Eating for a better start: instructor's manual : a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program (EFNEP). --- 36

Eating for health and fun: facts about feeding children age 1 to 5. --- 187

Eating healthy foods. --- 30

Eating right for two. --- 45

Embarazo y diabetes. [Pregnancy and diabetes] --- 46

Eres lo que comes. [You are what you eat] --- 47

Expressing and storing breast milk. --- 98

Feeding & caring for infants & children with special needs. --- 170

Feeding little children: a guide : one to six years of age. --- 188

Feeding our future: guidelines for feeding children, ages 1 thru 6. --- 189

Feeding the fussy eater. --- 215

Feeding young children with cleft lip and palate. --- 230

Feeding your baby. --- 117

Feeding your baby. --- 118

Feeding your baby: birth to 4 months. --- 119

Feeding your baby: the first year. --- 120

Feeding your baby commercial formulas. --- 143

Feeding your child after the 1st birthday. --- 190

Feeding your child. Revised edition. --- 180

Feeding your child series. --- 121

Feeding your growing baby. --- 122

Feeding your infant from birth to 12 months. --- 123

Feeding your one year old. --- 191

Feeding your toddler. --- 192

Feeling good: tips to prevent constipation. --- 251

Feeling good!-- iron : get the most every day. --- 268

Feeling good!-- tips to control nausea. --- 31

Finger foods are fun. --- 171

First foods for Bryan. --- 181

First foods for your baby ["1st foods for your baby"]. --- 124

The First twelve months: a guide to infant feeding. (Spanish title: Los primeros doce meses : guía de alimentos para el bebé). --- 125

Food & healthy teeth for babies. Revised. --- 162

Food & healthy teeth for toddlers. --- 193

Food and nutrition facts for pregnancy: important to you and your baby (Spanish title: Datos sobre la comida y la nutrición en el embarazo importante para Ud. y para su bebé). --- 2

Food for baby's first year: a guide to infant feeding. --- 126

Food for children 1-5. --- 194

Food for children, ages 1-6. --- 195

Food for the preschooler vol. 1-3. Revised. --- 196

Food for your baby's first year. --- 127

A Food guide for the first five years: tips for feeding children one through five. Revised. --- 197

Food wheel. --- 252

Food wheel: a pattern for daily food choices. --- 253

Foods for a healthy pregnancy. --- 16

Foods for young children: a guide for feeding the 1-5 year old. --- 198

Foods to grow on: helping your child to gain weight. --- 231

For the good of our children--WIC cares. --- 316

For the pregnant woman with high blood sugar. --- 32

Fresh fruit, veggies & water. --- 254

From small to tall with WIC foods. --- 199
 Gestational diabetes: great expectations. --- 48
 Good beginnings for having a healthy baby. --- 3
 Good eaters--not tiny tyrants: feeding children ages 3- 5. --- 200
 Good eating for breastfeeding moms. --- 95
 Good eating for the pregnant teen. Revised. --- 37
 Good food habits: a gift for a lifetime. --- 201
 Good nutrition for your baby. 2nd edition. --- 128
 Good snacks for kids. --- 220
 The growing child. --- 216
 Growing with WIC foods. --- 17
 A guide to breast feeding. --- 79
 A guide to packing nutritious lunches. --- 284
 Happiness is good snacks. --- 221
 Happy meals for toddlers! --- 243
 Happy teeth for healthy smiles (Spanish title: Dientes sanos para sonrisas felices). --- 163
 Have you thought about breastfeeding for your baby?-- ask your nurse or doctor about it. --- 80
 Have you thought about breastfeeding your baby? --- 81
 Having a baby?: you need more iron. --- 18
 The Hazards of too much sugar. --- 309
 Healthy babies don't just happen. --- 7
 Healthy food choices. --- 255
 Healthy foods healthy baby, a story about how to eat right when you are pregnant (Spanish title: Alimentos saludables, bebé saludable: Un cuento sobre como comer bien cuando estás embarazada). --- 38
 Healthy mother's food wheel: make all your food count. --- 19
 Healthy snack choices, poor snack choices. --- 305
 Healthy snack ideas. Revised. --- 306
 Healthy snacks. --- 222
 A Healthy start. --- 317
 A Healthy start. --- 318
 A Healthy you, a healthy baby: answers for the pregnant teen. --- 39
 Help your baby to a healthy start. --- 4
 Help your baby to a healthy start. --- 5
 Help your child be heart healthy. --- 232
 Helpful hints for the nursing mother. --- 82
 Helping baby grow: foods in the first year. --- 129
 Hey baby: how to eat and gain right to grow the best baby possible. --- 20
 Hey baby! --- 49
 How to avoid sore nipples. --- 99
 How to get your kid to eat-- but not too much. --- 202
 How to prepare a baby's bottle correctly. --- 182
 How to prepare powdered formula. --- 144
 I eat baby food because--. --- 159
 If you bottle feed your baby, boil the water to make it safe to drink!-- it's a good way to help keep your baby healthy! --- 145

Improving your child's appetite. --- 233
 Infant and child nutrition. --- 130
 Infant care. --- 183
 Infant feeding from birth to first birthday. --- 131
 Infant feeding guide. --- 132
 Infant feeding guide: 4 months to 6 months. --- 133
 Infant feeding guide: birth to 4 months. --- 134
 Infant feeding series: Facts about your child's nutrition. --- 135
 Infant nutrition: a guide. --- 136
 Introducing solids. --- 148
 Iron. --- 269
 Iron: the blood builder. --- 270
 Iron facts. --- 271
 Iron foods for strong blood (Spanish title: Alimentos con hierro para sangre fuerte y sana). --- 272
 Iron for good health. --- 273
 Iron for good health and vitality. Revised. --- 274
 Iron fortified formulas are allowed on WIC. --- 146
 Iron nutrition for infants. --- 137
 Ironing out your diet: a message for everyone. --- 275
 Is a chubby baby a healthy baby? Revised. --- 172
 Is your baby spitting up a lot? --- 173
 Is your child constipated? --- 234
 Is your child underweight? : What to do?: (Spanish title: ¿Pesa poquito su niño? : ¿qué hacer?). --- 235
 It's a healthy new baby!-- how much weight should you gain to have a healthy baby. --- 8
 Just a beginning: pre-natal care for teens. --- 50
 Kidney beans. --- 296
 Kids like --. --- 203
 Legume pages. --- 297
 Let's talk WIC. --- 319
 Maintain desirable weight: use your imagination! --- 256
 Make-a-meal planner. --- 285
 Making your own baby food. --- 160
 Maternal and infant nutrition. --- 51
 Mealtimes for small fry. --- 217
 Menu sheet. --- 286
 A Message to new moms. --- 138
 Milk and milk products. --- 298
 Modules for the masses: a nutrition education handbook for WIC group sessions. --- 257
 Mom to be: eating right for your new baby. --- 52
 Mom to be: it's O.K. to gain weight. --- 53
 Money saving shopping tips. --- 287
 More of mom's baby foods: to help you gain what it takes. --- 9
 Mothers & fathers, have you thought about breast-feeding? --- 83

Mothers are very special. --- 84

A mother's D.I.E.T. --- 21

A Mother's handbook: combining breastfeeding with work or school (Spanish title: Manual para una madre, combinando dar el pecho con el trabajo o el estudio). Second revised edition. --- 100

No better gift: nutrition for preschool children. Spanish version. --- 244

No honey during your baby's first year (Spanish title: No le dé miel al bebé durante su primer año de vida). --- 139

Non fat dry milk. --- 299

Non-language daily food guide. --- 258

No-nonsense nutrition for your baby's first year. 2nd edition. --- 140

Now that your child is over one year, it's time to kick the bottle habit. --- 149

Nursing bottle mouth. --- 164

Nursing bottle mouth. --- 165

Nutrición y embarazo. [Nutrition and pregnancy] --- 54

Nutrient needs. --- 311

Nutrition: a family affair. --- 245

Nutrition: teen pregnancy. --- 55

Nutrition and immunity: tips for eating when you are immune-suppressed (Spanish title: Nutrición e inmunidad : la alimentación cuando se está inmuno-suprimido; French title: Nutrition et immunité : comment vous nourrir si vous souffrez des maladies immuno-dépressives). --- 236

Nutrition directions: lesson plans for WIC nutrition education sessions. revised. --- 259

Nutrition during pregnancy. --- 22

Nutrition for the newborn. --- 184

Nutrition for your preschoolers. Revised. --- 204

Nutrition fundamentals for toddlers. --- 205

Nutrition labeling. --- 288

Nutritional care for the child with developmental disabilities. --- 237

Nutritious cookie recipes. --- 307

On feeding time -- for the picky eater. --- 218

Only the best for your baby: the right foods for your baby's first year: (Spanish title: Sólo lo mejor para su bebé: las comidas propias para el primer año del bebé.). --- 141

Outside my mom: the story of a breast-fed baby. --- 112

Overweight baby. --- 174

Overweight children. --- 238

Overweight kids: what you can do! --- 239

Picky eaters: special concerns for young children ages 1 to 8 years. --- 219

Pinto beans. --- 300

Postpartum care. --- 42

Postpartum insight: now that I can see my feet again (Spanish title: Despues del parto. Ahora que puedo ver mis pies de nuevo). --- 56

Practical hints for working and breastfeeding. --- 101

Pregnancy and nutrition. --- 57

Pregnancy and your weight. --- 10

Pregnant teens: taking care. Revised. --- 58

Pregnant? Think about breastfeeding now! --- 85

Premature parents: a module on nutrition and teen-age pregnancy. --- 40

Prenatal nutrition. --- 23

Prenatal nutrition guide. --- 24

Pre-school feeding guide. Revised. --- 206

Preventing anemia for the adolescent and adult (Spanish title: Previniendo la anemia en jóvenes y adultos). --- 276

Preventing nursing bottle mouth. --- 166

Progress with food problems. --- 207

Protect your child's teeth: put your baby to bed with love, not a bottle. --- 167

Protein foods. --- 277

Put your child to bed with a teddy bear--not a bottle. --- 168

Recipe for healthy babies. --- 25

Recommendations of food choices for women. --- 260

Relief from common problems: nausea, constipation, heartburn. --- 33

Sensible eating during childhood (Spanish title: Plan de alimentación para niños de uno a seis años de edad). --- 208

Smart food shopping. --- 289

Snack facts. --- 312

Snacks for a healthy pregnancy ; Food shopping list for a healthy pregnancy. --- 26

Snacks for children who are immune suppressed or with AIDS. --- 240

Snacks for healthy bodies. Revised. --- 223

Snacks which add iron to your diet. --- 278

Special snacks for special people. --- 224

Special Supplemental Food Program for Women, Infants and Children. --- 320

Special Supplemental Food Program for Women, Infants, Children. --- 321

Stretch our WIC dollars. --- 290

Stretch your food dollars (Spanish title: Economize su dinero). --- 322

Successful breastfeeding, a family experience. --- 86

Super nutritious appetizing calorie-counting kit of snacks. --- 308

Take care of yourself during pregnancy: wherever you are! --- 6

A-take-a-long meal: the sandwich. --- 301

Teddy bears and bean sprouts: the infant and vegetarian nutrition. --- 175

Thinking about breastfeeding? --- 87

Time to eat!-- nutrition for young children. --- 185

To the father of the breastfed baby. --- 102

Toddler feeding tips. --- 209

Treating infant constipation. --- 176

Trim and fit kids. --- 241

Understanding gestational diabetes: a practical guide to a healthy pregnancy. --- 34

Using lentils. --- 302

Vegetarian nutrition guide. --- 261

Vitamin A. --- 279

Vitamin A, the eyes have it! --- 280

Vitamin C. --- 281

The Vitamin C vendor. --- 313
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